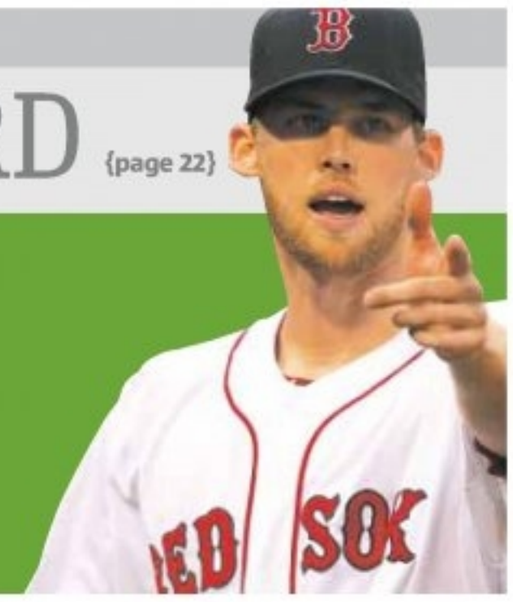
LETTERS@METRO.US

THE CURIOUS CASE OF DANIEL BARD {page 22}



metro®

Max 36°
Min 21°

BOSTON
Wednesday, February 20, 2013

NICOLAUS CZARNECKI/METRO

After years of holding out, Sam Adams will start selling its brew in cans Move gets mixed reaction Founder says special design makes it superior to other canned beers

{page 02}

Sam Adams to beer drinkers: Yes, we can!

local

Cambridge PD starts live crime tweets

A new Twitter program allows some crime calls to be tweeted in real time {page 05}

home

It's called a deposit, not an extra payment

Don't let your landlord swindle you out of money when you move out {page 27}

Join us for the Tufts Medical Center Careers Open House
Tuesday, February 26, 2013
2:00 - 6:00 pm

Tufts Medical Center • Wolff Auditorium • 800 Washington St. • Boston, MA, 02111

http://jobs.tuftsmedicalcenter.org/openhouse

Tufts Medical Center

Equal Opportunity Employer

1

In the news

$423K

Two Athol men, including one who was a Suffolk County corrections officer, were indicted yesterday for allegedly collecting more than $400,000 in workers' compensation over payments while working. Paul Mahan, 42, the former corrections officer, and Kelly Walsh, 42, are due in court next month. Authorities allege that while they collected various benefits they also failed to report that they worked at car dealerships. METRO

Today's local tweet

"Please don't get baked at 7am and then sit next to me on the train. I will glare at you until you become extremely paranoid. #mbta"

@MALEVCHENKO IS KEEPING AN EYE ON THE WAKE-AND-BAKERS

In the news

Brown says Twitter outburst was 'pocket tweet'

MASSACHUSETTS. In an exclusive interview with the local affiliate of his new employer, Fox News, former Sen. Scott Brown dismissed a rumor that he was drunk last month when he tweeted "bqhatevwr" to his thousands of followers.

"Now allegedly I'm drunk-tweeting. First of all, I rarely drink. The last time I was ever drunk was my bachelor party, and that was what? — 28 years ago or 27 years ago. So I guess no one has ever pocket-dialed or pocket-tweeted before," Brown said. SHNS

'Top Chef' judge gets Babson job

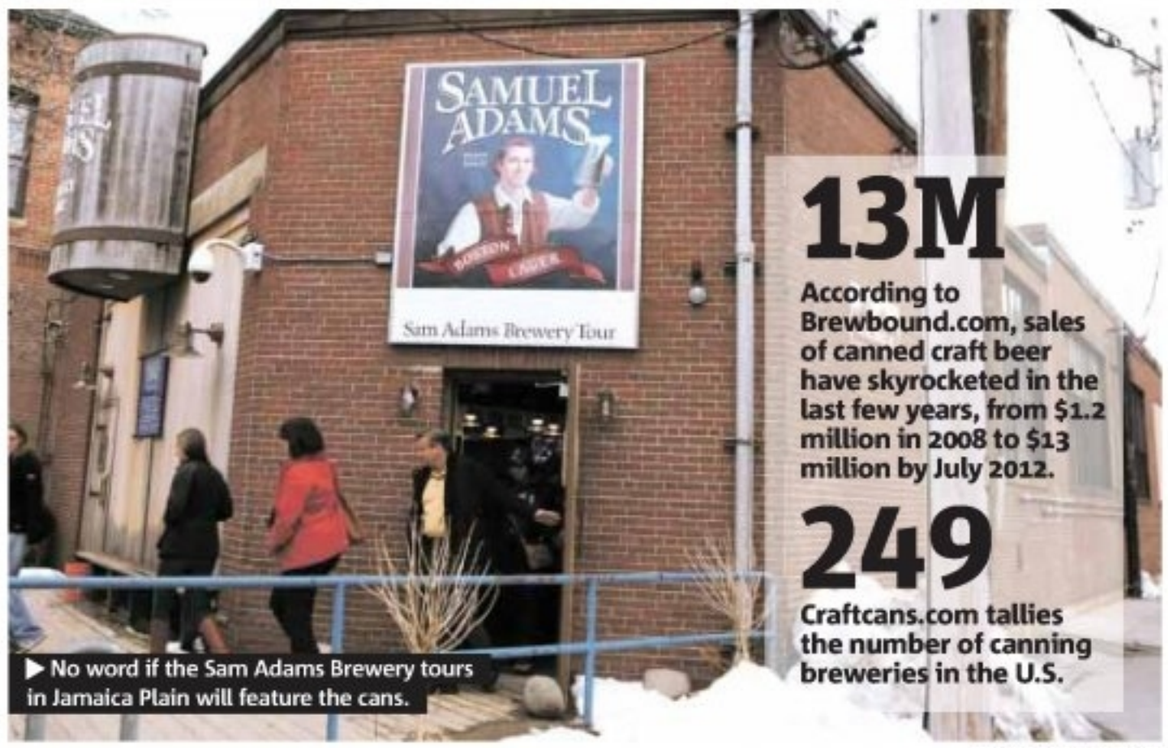
WELLESLEY. A "Top Chef" judge has been picked for a top post at Babson College. The Wellesley school announced yesterday that Gail Simmons, also the director of special projects for Food & Wine magazine, will be its entrepreneur-in-residence. In that capacity, Simmons will work with the school's Center for Women's Entrepreneurial Leadership and the Lewis Institute for Social Innovation to mentor and guide Babson entrepreneurs in designing strategic marketing and communications approaches. METRO

Organizers expect big turnout at higher-taxes rally

MASSACHUSETTS. Gov. Deval Patrick's ambitious tax-hike plans have won over few in the Legislature to date, but proponents of tax increases to finance greater public investments in Massachusetts will continue to press their case, with events planned today in Lynn and in the coming weeks in Fall River, Worcester and Springfield. The 120 groups aligned with Campaign for Our Communities are seeking endorsements. SHNS

A metal makeover: Sam Adams beer to be canned

The Boston brewery plans to have 'Sam Can' on the shelf this summer Local beer aficionados weigh in



No word if the Sam Adams Brewery tours in Jamaica Plain will feature the cans.

NICOLAUS CZARNECKI/METRO

13M
According to Brewbound.com, sales of canned craft beer have skyrocketed in the last few years, from $1.2 million in 2008 to $13 million by July 2012.

249
Craftcans.com tallies the number of canning breweries in the U.S.

After years of brandishing the bottle as the best way to package premium beer, Samuel Adams will jump on a trend embraced by hundreds of craft brewers and start shelling out canned beer.

The Boston-based company announced yesterday that "Sam Cans," the result of two years' worth of ergonomic and sensory testing, will be on shelves by early summer.

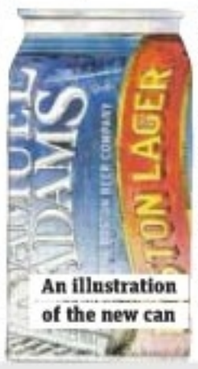
Thousands of people weighed in after the brewery made the announcement on social media, and while a good number of Sam fans were on board with cans, the majority of beer lovers said they did not approve.

"You will ruin the ambiance and the taste and classiness of the beer," beer drinker John Curran said on Samuel Adams' Facebook page.

But according to local craft-beer experts, breweries are moving away from the sleazy, shotgun stigma attached to canned beers.

"A big issue has always been the association of canned beer with party drinks like Bud Light. Craft-beer makers didn't want to associate with the light beers," said Jeff Wharton, co-founder of Boston brew club Drink Craft Beer. "Bottles have been seen as the best way to package beer, but in reality that is more of a perception."

The bottle fans know and love



An illustration of the new can

Experts contend that canning beer does not compromise the taste, and actually protects the beverage from getting "skunked" by blocking out sunlight. The portability and durability of cans is also a huge draw for consumers.

A common can complaint is a "tinny" flavor when drinking the beer, but imbibers should know that craft beers are meant to be classed up with a glass.

"If you're pouring it into a glass, it should taste the same," said Chris Furnari, editor of industry watcher Brewbound.com. "That's not to say that if you're going on a hike or to the beach you won't drink it from the can, because you will, but that's why [Sam Adams] designed the Sam Can so that if consumers are going to drink it from the can they will have the best possible experience."

Sam Adams founder Jim Koch said he consulted experts while designing the Sam Can, which will feature a flared lip and wider top for "a smoother, more comfortable overall drinking experience."

"It's getting a lot bigger and it kind of makes sense," said Wharton. "You're going to see more and more of it happening. Cans can go a lot of places that glass just can't."

Morgan Rousseau
morgan.rousseau@metro.us

Beer with us, founder says

"In the past, I had my doubts about putting Sam Adams in a can because I wasn't convinced that Boston Lager would taste as good as it does from a bottle," said Jim Koch, founder of Samuel Adams. "But cans have changed. And I believe we've designed a can that provides a slight but noticeably better drinking experience than the standard beer can."

Bostonians don't bottle up their opinions

Sam Adams fans react to the can:

"I love it when someone comes up with a great idea. ... However, this isn't one of them."
TUNDRA WHITE

"Sam Adams in a can is worse than Sam Adams on tap."
WILLIAM TERRANOVA

"Sam in a can? Just doesn't seem right."
CESAR ALVAREZ-CASTILLO

"Sure would be sweet to take a cooler full in the Jeep on the trail and not have to worry about them breaking in the cooler, or how to transport the empty glass bottles."
ANTHONY SCHMIT

"Keep the bottle. Glass makes all the difference."
JACK W. SCANLON

"I understand why — just don't expect me to drink that. Ick."
LISA MAY

Best of metro BOSTON 2011 WINNER

Join for Just $10

Then... $10 per month*

the judgement free zone
planet fitness

Expires - Thursday, February 28, 2013

Government Center
(next to 28 State Street)
Boston, MA 02108
Phone: 617.248.3877

Porter Square Galleria
One Porter Square
Cambridge, MA 02140
Phone: 617.499.9944

*Non-reciprocal. Billed monthly directly to your checking account. Debit cards/pre-paid cards can not be used for this offer and will be subject to additional charges. Subject to $29 annual fee."

News in brief

JFK jacket sold for big gold at auction

An Air Force One bomber jacket worn by President John F. Kennedy is among the items that earned as much as $2 million last weekend for an Amesbury auction house.

The collection sold by John McInnis Auctioneers included dozens of personal letters, photographs, and other memorabilia preserved by longtime Kennedy aide David Powers, who died in 1998.

GETTY IMAGES

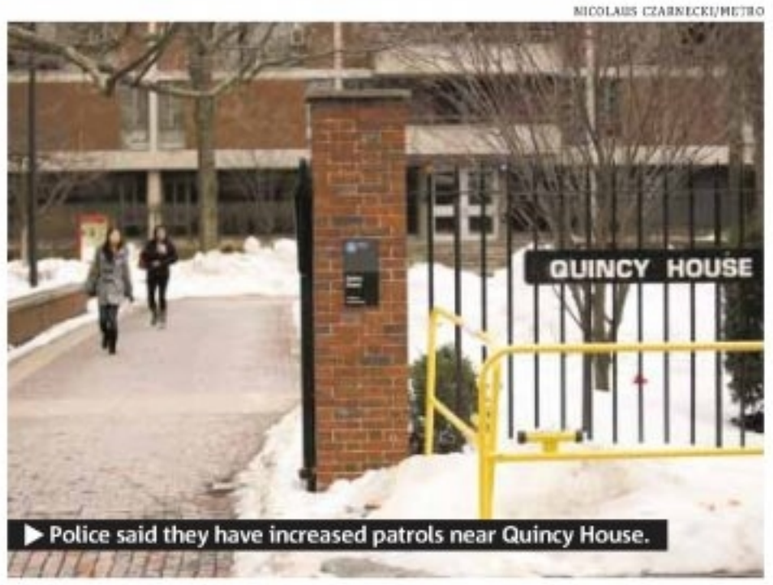
▶ The jacket

Powers knew JFK from 1946 until his assassination in 1963, and served as curator of the Kennedy Presidential Library until 1994. Powers' family recently discovered the collection while preparing to sell his home in Arlington.

According to Reuters, the bomber jacket was the top-selling item, bringing in $570,000 – more than 10 times what was expected.

A birthday card from Kennedy's son, the late John F. Kennedy Jr., fetched $17,000, a flag flown on Kennedy's motorcade limousine sold for $55,000, and a seal that hung above Powers' desk in the West Wing sold for $17,000, excluding buyers' premiums. METRO

NICOLAUS CZARNECKI/METRO



▶ Police said they have increased patrols near Quincy House.

Harvard on high alert after assault

Police are warning the Harvard University community to be cautious while on campus after a female student was assaulted early Monday morning.

In a statement on its website, the Harvard University Police Department said an undergraduate was approached by two men in the courtyard of the Quincy House residence hall around 1:35 a.m.

"The victim stated that while walking through the courtyard she was grabbed by two males who attempted to pull her back towards the building," according to the statement. "The suspects did not say anything to the victim. She fought with them and was able to flee the courtyard and entered a nearby residence for safety."

So far, no arrests have been made. The HUPD said it is increasing patrols on campus, and encouraged anyone who observes "suspicious activity" to contact them right away.

"The Harvard University Police Department wants to remind students, faculty, and staff that we are located in an urban setting and share many of the crime and safety issues that exist in any city," police said in the statement. "Community members should be vigilant while walking throughout campus and surrounding areas both during the day and at night and to take appropriate precautions." METRO

Quoted

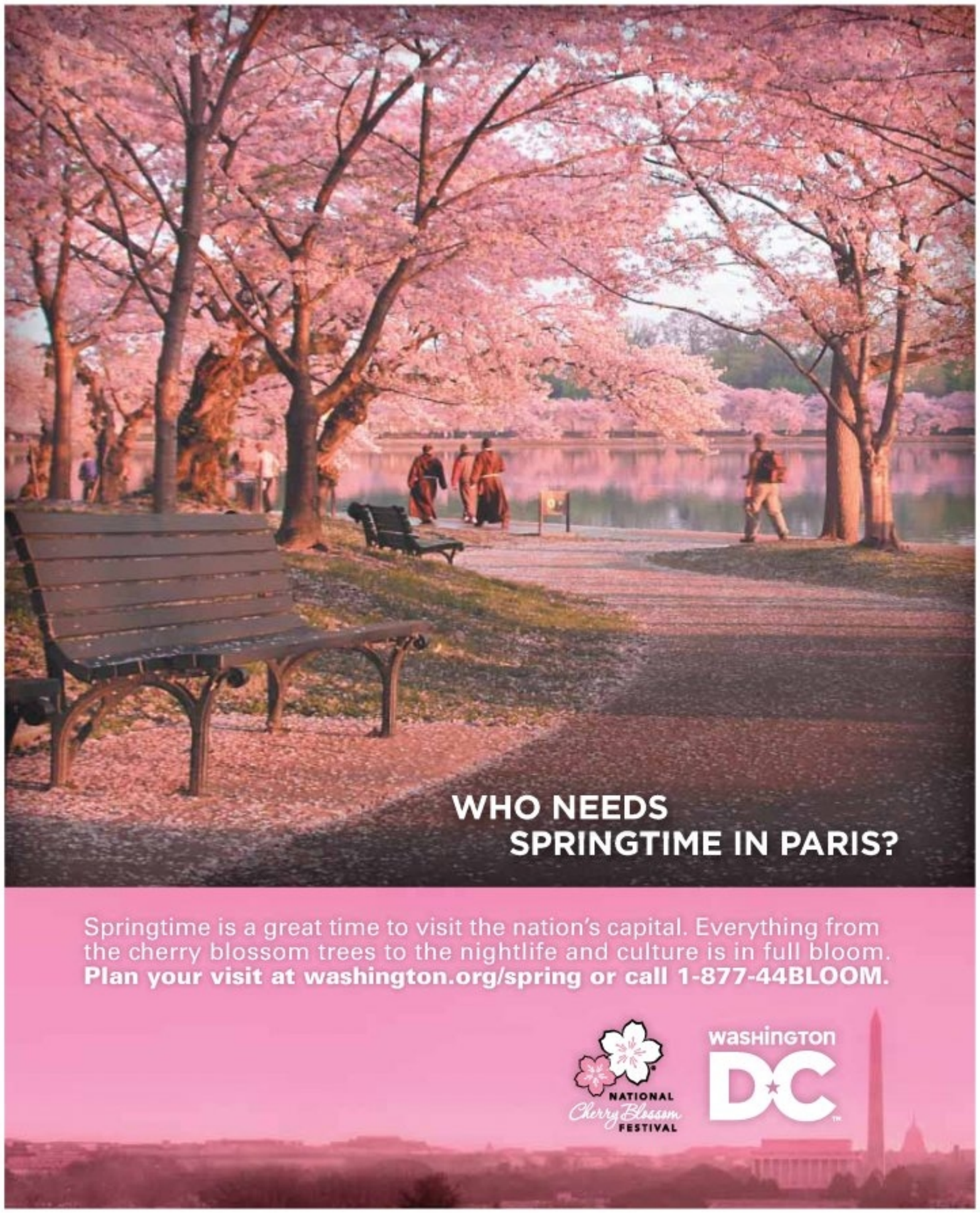
"The Harvard University Police Department wants to remind students, faculty, and staff that we are located in an urban setting and share many of the crime and safety issues that exist in any city. Community members should be vigilant while walking throughout campus."

POLICE DEPARTMENT STATEMENT

Area has a history of violence

The statement was also sent to students and staff Monday, the first alert from the HUPD since last August, when two rapes were reported within a week.

One allegedly occurred in Harvard Yard on Aug.10, the other near campus on Aug. 17. Neither victim was a Harvard student.


WHO NEEDS
SPRINGTIME IN PARIS?
Springtime is a great time to visit the nation's capital. Everything from the cherry blossom trees to the nightlife and culture is in full bloom.
Plan your visit at washington.org/spring or call 1-877-44BLOOM.
NATIONAL Cherry Blossom FESTIVAL
WASHINGTON DC

Anniversary. Station nightclub

▶ Mourners gather in West Warwick, R.I., to honor the victims of the 2003 Station nightclub fire.

NICOLAUS CZARNECKI/METRO

Fire victims remembered

A memorial site dedicated to the 100 people killed in the Station nightclub fire was recently unveiled during an anniversary ceremony honoring those who died. Today marks the 10-year anniversary of the fire at the Rhode Island club that started when pyrotechnics were lit during a performance by the band Great White. The sparks ignited flammable foam inside the walls of the club. Survivors of the fire and family members of the victims spoke during a memorial service at the site on Sunday. METRO

To tweet and serve

Cambridge police begin reporting crimes in real time on Twitter Goal is to improve communication

NICOLAUS CZARNECKI/METRO

▶ Police in Cambridge are taking to Twitter.

It's sort of like watching "Cops" in 140 characters or less.

The Cambridge Police Department is now tweeting certain crimes in real time, the department announced yesterday.

The initiative is meant to promote transparency and information to the public about what's going on in their community, said police Commissioner Robert Haas.

"This is something we've had in the works for a while," Haas said in a statement. "We believe strongly in the ability of social media to communicate with the public in a timely manner, and tweeting information about serious incidents will better inform our residents about what types of incidents police are responding to in their community."

Around the same time the department sent out a news release announcing the launch of the new initiative, a reported crime popped up on its Twitter feed.

"02/19/13 08:57 REPORT OF POSSIBLE ASSAULT IN PROGRESS ON BLAKE ST IN #CAMBMA," @cambridgepolice tweeted.

Only certain crimes will be posted on the Twitter feed.

Not instantaneous

There is a built-in delay between when the crimes are reported to dispatchers and when they're posted on Twitter to allow for police officers to respond to scenes first. A police spokesman would only say that the delay is minutes, and less than 30 minutes, but a review of the posting times and times reported showed that the delay is about seven or eight minutes.

He said the public being informed of what's going on in their city is the ultimate goal of the initiative.

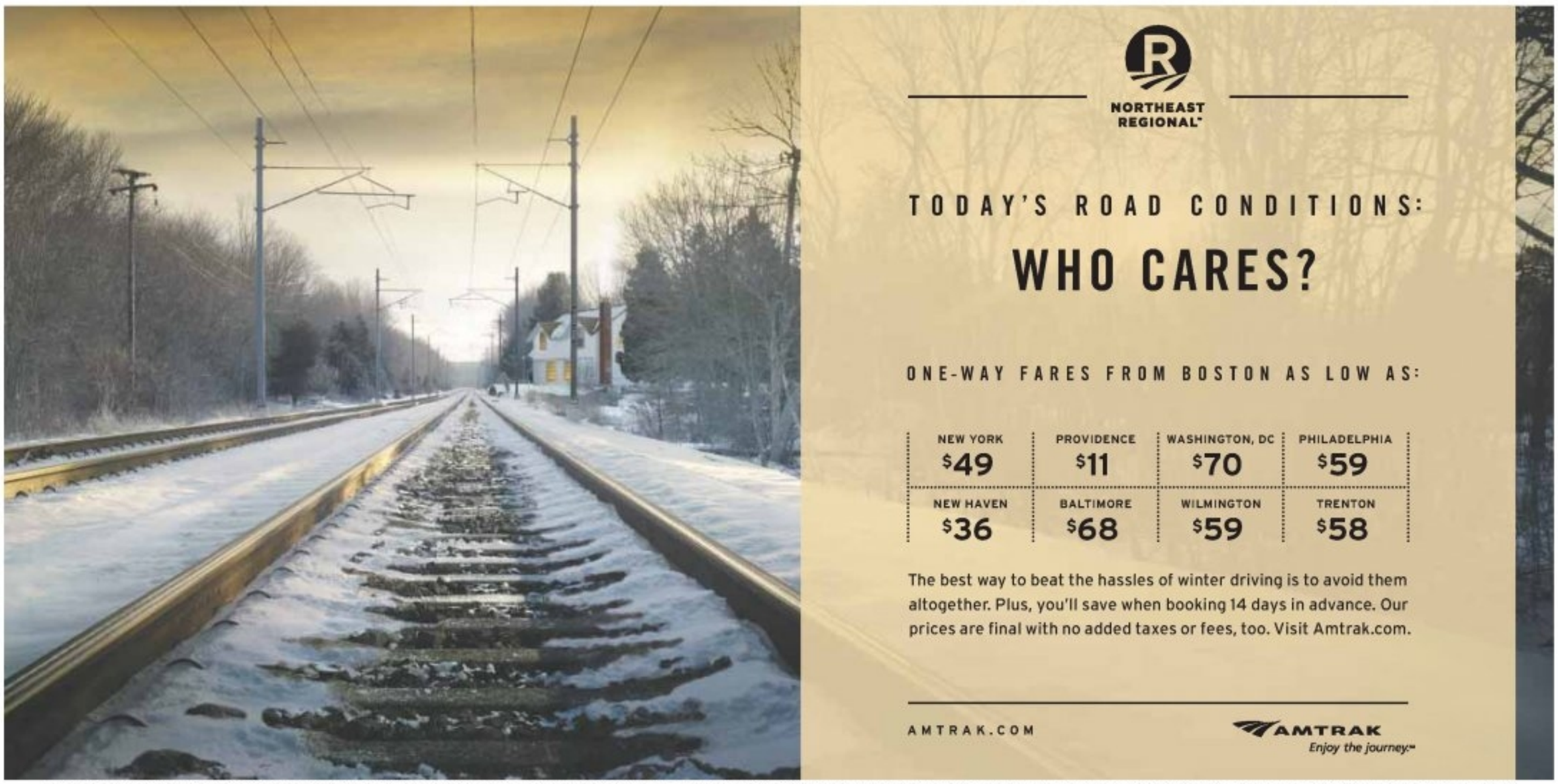
He added that people being informed of a description of a person who may have robbed a bank might help police in their arrest efforts.

On the feed

Only some crimes will be posted in real time:

- A&B DW in Progress Assault
- Armed, Attempted or Unarmed Robbery
- Assault in Progress
- Bank Robbery in Progress
- Carjacking in Progress
- Larceny of MV
- Fight
- Found/Missing Person
- Bomb Threats
- Kidnapping
- Larceny in Progress
- Person with Gun
- Robbery in Progress
- Street Blocked
- Tree Down

Michael Naughton
michael.naughton@metro.us


NORTHEAST REGIONAL
TODAY'S ROAD CONDITIONS:
WHO CARES?
ONE-WAY FARES FROM BOSTON AS LOW AS:
NEW YORK $49
PROVIDENCE $11
WASHINGTON, DC $70
PHILADELPHIA $59
NEW HAVEN $36
BALTIMORE $68
WILMINGTON $59
TRENTON $58
The best way to beat the hassles of winter driving is to avoid them altogether. Plus, you'll save when booking 14 days in advance. Our prices are final with no added taxes or fees, too. Visit Amtrak.com.
AMTRAK.COM
AMTRAK
Enjoy the journey.℠

This offer is valid for travel on the Northeast Regional train service only. Advance reservations are required a minimum of fourteen (14) days prior to travel. Blackouts apply on the following dates: Nov. 26–27, 2013, Nov. 30, 2013, Dec. 1, 2013, and Dec. 20–22, 2013. Once purchased, tickets are nonrefundable; exchanges are permitted prior to the original travel date. Seating is limited; seats may not be available on all trains at all times. Up to 2 children ages 2–15 may accompany each adult at half fare. This offer is valid for coach seats only; no upgrades permitted. This offer is not combinable with any other discount offer. In addition to the discount restrictions, this offer is also subject to any restrictions, blackouts, and refund rules that apply to the type of fare purchased. Fares, routes, and schedules are subject to change without notice. Once travel has begun, no changes to the itinerary are permitted. Other restrictions may apply. Amtrak and Northeast Regional are registered service marks of the National Railroad Passenger Corporation.

News in brief

Newtown shooter wanted to top Norway death toll

The man who shot dead 20 children and six adults at a Connecticut elementary school wanted to kill more people than the 77 slain by a Norwegian man in a 2011 rampage, CBS News reported on Monday, citing unnamed law enforcement sources.

A Connecticut state police spokesman dismissed the report as inaccurate speculation.

Adam Lanza, 20, who killed himself as police closed in on him at Sandy Hook Elementary School in Newtown, Conn., on Dec. 14, saw himself in direct competition with Anders Behring Breivik, CBS said.

Citing two officials briefed on the Newtown investigation, CBS said Lanza targeted the elementary school because he saw it as the "easiest target" with the "largest cluster of people."

The report did not say how the investigators learned of Lanza's desire to compete with Breivik. REUTERS

77
People were killed in the bombing and shooting attack by Anders Behring Breivik

GETTY IMAGES

▶ The shooting took place at Sandy Hook Elementary School.

Bill Gates: Microsoft messed up its early mobile strategy

Microsoft Corp. Chairman Bill Gates said he was not satisfied with the company's pace of innovation over the last few years and that it had mishandled its early mobile strategy.

"We didn't miss cell phones, but the way that we went about it didn't allow us to get the leadership. It's clearly a mistake," Gates, Microsoft's former CEO, said in a rare interview with CBS.

Gates hedged questions on whether he was happy with Chief Executive Steve Ballmer's performance. He said Ballmer had achieved a lot but that both he and Ballmer were not satisfied.

"[Ballmer] and I are two of the most self-critical people I know," Gates said.

"There are a lot of amazing things that Steve's leadership achieved — Windows 8, the Surface computer, Bing, Xbox. Is it enough? No. He and I are not satisfied that in terms of breakthrough things we are doing everything possible."

Ballmer took over as Microsoft's CEO in February 2000. The company's shares have dropped 45 percent since then.

Former Microsoft executive, Joachim Kempin, said in a book he wrote about his time at the company that Ballmer was not the right leader for the world's largest software company but held his grip on it by systematically forcing out any rising manager who challenged his authority. REUTERS

Soft performers

▶ Microsoft has faced criticism for its latest Windows 8 versions for different devices, while its Bing search engine has won only a small market share.

GETTY IMAGES

▶ Microsoft Chief Executive Steve Ballmer, left, stands with Microsoft's former CEO Bill Gates.

Quoted

"We didn't miss cell phones, but the way that we went about it didn't allow us to get the leadership. It's clearly a mistake."
BILL GATES SAID IN A RARE INTERVIEW WITH CBS

Apple hit by Facebook hackers

Apple Inc. was recently attacked by hackers who infected the Macintosh computers of some employees, the company said yesterday in an unprecedented disclosure that described the widest-known cyber attacks against Apple-made computers to date.

Unknown hackers infected the computers of some Apple workers when they visited a website for software developers that had been infected with malicious software. The malware had been designed to attack Mac computers. REUTERS

What's up, doc?

FREE mini-med school classes for the general public

March 5, 6:00–7:30 pm
Food and Vitamins and Supplements! Oh My!
Demystifying nutrition: the value of food, vitamins and supplements

March 19, 6:00–7:30 pm
The Power of Zzzs
Uncovering why sleep is essential to our well-being and how to get more of it

April 2, 6:00–7:30 pm
It's All in Your Head
Building better brains through neuroengineering

April 23, 6:00–7:30 pm
Beyond Belief
Exploring the connection between personal beliefs and physical health

Presented by faculty from Harvard Medical School and its affiliated hospitals.

Attend three or more classes to earn a Certificate of Completion.

Public school teachers are eligible for 10 PDPs for attending all four classes.

The Joseph B. Martin Conference Center is located in the Longwood Medical Area at **77 Avenue Louis Pasteur, Boston.**

Harvard Medical School is a short walk from the Longwood stops on the **Green Line D and E trains** and the **#39 bus**. Parking is available at public garages.

Follow the events live on Twitter: #HMSminimed

To sign up, please call **617.432.3038** or visit **hms.harvard.edu/minimedschool**

THE Longwood SEMINARS AT HARVARD MEDICAL SCHOOL

HARVARD MEDICAL SCHOOL

DONATE YOUR CAR

Wheels For Wishes

Benefiting

MAKE-A-WISH®

Massachusetts and Rhode Island

*Free Vehicle Pickup ANYWHERE
*We Accept All Vehicles Running or Not
*We also accept Trucks, RVs, SUVs & Boats
*Fully Tax Deductible

WheelsForWishes.org
Call: (617) 701-7647

Calif. shooting spree tied to carjackings

A gunman on a shooting spree in suburban southern California shot and killed three people and wounded two others yesterday before killing himself, police said.

Local media reported that some of the gunman's attacks involved carjackings, although the circumstances that led to the spate of violence were not immediately clear.

Authorities first received a call on a shooting early in the morning at a home 50 miles southeast of Los Angeles.

Officers arrived to find a woman shot to death. The suspect, a man in his 20s, fled the scene in a sport utility vehicle and headed to the nearby city of Tustin, where there were additional shootings. **REUTERS**

3
Victims killed in the shooting spree yesterday

24

THE DAY'S NEWS AT A GLANCE

Warplane crash kills 12 in Yemeni capital

A Yemeni air force plane crashed in the capital Sanaa on yesterday, killing at least 12 people, security sources said. State news agency Saba said three women and two children were among those killed when the plane, on a training flight, came down in a western residential district. Eleven people were wounded, security sources said. Pictures on social media sites showed one body near burning wreckage of the craft. **REUTERS**

Pentagon reviews SEAL interview for leaks

The Pentagon is reviewing whether a retired Navy SEAL who claims to have killed al-Qaeda leader Osama Bin Laden disclosed classified details of the May 2011 raid that led to his death, according to a spokesman.

Esquire magazine and the Center For Investigative Reporting published an article this month titled "The Shooter. The Man Who Killed Osama bin Laden ... Is Screwed."

In addition to providing what are said to be details of the raid, the report also outlines health insurance benefit issues the SEAL said he is encountering with the Department of Veterans Affairs since retiring from the Navy after 16 years of service. The SEAL wasn't named. **BLOOMBERG**

There's more than one side to a story. Maybe even five sides.

Woman demands Berlusconi apology for staged sex chat

An Italian woman has demanded an apology from former Prime Minister Silvio Berlusconi for crudely joking with her onstage about sex days before a national election. The woman said her 13-year-old daughter cried for days after seeing a video of the encounter and the response it provoked. "I want an apology for all Italian women, because they should not have to suffer insults like this — at work or outside work," Angela Bruno said. **REUTERS**

Berlusconi: the man with a famously one-track mind.

Gen. Allen won't take NATO role

MANDEL NGAN/AFP/GETTY IMAGES

▶ Gen. Allen says "nay" to NATO.

General John Allen, who oversaw the NATO war effort in Afghanistan until earlier this month, has decided to retire instead of pursuing his nomination as the next NATO supreme allied commander due to family health issues, President Barack Obama said yesterday.

Allen, whose wife has suffered from chronic health problems, has been under pressure in recent months as the target of a high-profile Pentagon investigation that in January cleared him of wrongdoing after examining e-mail exchanges with a Florida socialite. The investigation arose from the sex scandal that forced retired General David Petraeus to resign as CIA director in November.

The White House had publicly said it would move forward with Allen's nomination for the NATO job. **REUTERS**

Paging Dr. You!

Beth Israel Deaconess Medical Center is pleased to offer a Mini Med School program starting in March led by some of the world's best clinicians and researchers. Mini Med School is a series of talks designed to help people improve their health and learn about advances in research and how best to negotiate the healthcare system.

Spring session: **Thursdays, March 7 – April 25, 6:30-7:45pm** (8 classes)

Fall session: **Thursdays, September 12 – October 31, 6:30-7:45pm** (8 classes)

Classes are **free** but **registration is required and limited.**

Click **bidmc.org/minimed** or call **617-667-9050**.

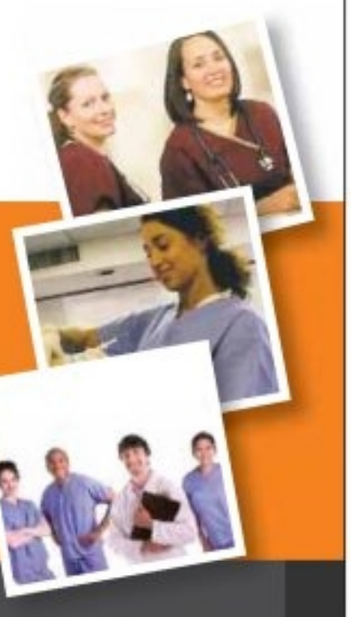
Refreshments will be provided.

Beth Israel Deaconess Medical Center

HARVARD MEDICAL SCHOOL TEACHING HOSPITAL

WANT A PROFESSIONAL CAREER IN HEALTHCARE

Enroll Now!



Medical Office Administration

Hands on computer-based training in Medical/Dental office software

Clinical Assisting... Phlebotomy, EKG/ECG

Medical Billing and Coding Specialist

888-383-6058 \ www.bostoncareer.org

320 Washington Street, Brookline, MA 02445

422 Main Street, Malden, MA 02148

License #030618B • Easy Payment Plan / Financial Aid for qualified applicants

BCI EFFECTIVE AFFORDABLE ACCESSIBLE

GET STARTED ON YOUR CAREER PATH...

Specialize!
Get New Skills!
Be In Demand!

CLASSES FORMING NOW FOR:

- HEALTH CLAIMS SPECIALIST
- PROFESSIONAL MEDICAL ASSISTANT
- MASSAGE THERAPY
- PARALEGAL

Call or Click Today!
800-299-1074
salterschool.com

The Salter School *For Today's Careers*

For Salter School's Student Consumer Information visit www.salterschool.com/info

career placement assistance | day & evening schedules | financial aid available for those who qualify

Malden Campus Next To The T 2 Florence St.

Catholic protesters: LA archbishop shouldn't vote in pope conclave

GETTY IMAGES

▶ Quilts bearing portraits of abused children are displayed one day after the release of personnel files of priests accused of sexual misconduct. Archbishop of Los Angeles Jose Gomez stripped his predecessor, retired Cardinal Roger Mahony, of church duties on Jan. 31.

A U.S. Catholic group has launched an online petition to keep a cardinal linked to a sex abuse scandal from attending the Vatican conclave that will select a new pope.

Catholics United, a non-profit, non-partisan organization, says that former Los Angeles Archbishop Roger Mahony should refrain from attending the papal conclave and recuse himself from voting. The petition, launched last week, had more than 5,000 signatures as of yesterday, representing a tiny fraction of the roughly one in four Americans who are Catholics.

"Please do not bring further scandal to our Church that has already been rocked by the sex abuse crisis by attending the Papal Conclave. You have been disciplined and you have lost your ability to have a voice within our Church," said the petition from the Washington-based group.

Los Angeles Archbishop Jose Gomez stripped Mahony, 76, of his duties last month over his handling of priest sex abuse cases.

Church files unsealed under court order this month showed Mahony and an aide, Thomas Curry, worked to send priests accused of abuse out of California to shield them from law enforcement scrutiny in the 1980s.

Gomez said last week that Mahony and Curry remained bishops in good standing in the Los Angeles archdiocese. Mahony has apologized for "mistakes" he made as archbishop.

Mahony is attending the Vatican conclave to select a successor to Pope Benedict XVI. Victims-rights groups have criticized Mahony's presence at the conclave. REUTERS

Conclave may start early

Church rules call for the conclave to start between 15 and 20 days after the papacy becomes vacant. The Vatican has said the meeting could start earlier than originally expected, giving the Roman Catholic Church a new leader by mid-March.

In the news

Pistorius tells court he thought girlfriend was an intruder

"Blade Runner" Oscar Pistorius put on his artificial legs and walked across his bedroom before firing four shots through a locked toilet door, killing his cowering girlfriend in cold blood, prosecutors said yesterday. Reeva Steenkamp, a 30-year-old law graduate and model, died after being hit by three rounds from a 9mm pistol, prosecutor Gerrie Nel said.

GETTY IMAGES

▶ Steenkamp and Pistorius

Pistorius, 26, wept uncontrollably in court as Nel outlined details of a shooting that has stunned South Africa and the millions around the world who saw the double amputee's track glory as an inspiring tale of triumph over adversity.

Having had previous death threats and break-ins, Pistorius said he slept with a 9mm pistol under his bed in his plush Pretoria home in the heart of a well-secured gated community. REUTERS

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Lifestyles of the rich and poopy

Ah, to be famous, rich, gifted — and in diapers. Let's look into the lifestyles of the rich and babies, shall we, in today's Word: Baby Edition.

On Tuesday, **Alicia Keys** revealed that **Egypt**, her 2-year-old son with **Swizz Beatz**, made some moves on **Blue Ivy**, 1, who is, of course, the Most Famous Infant in the Universe®.

"Egypt kissed Blue, and I don't think **Jay** liked it very much," Keys told **Wendy Williams** on her eponymous talk show. "He called my husband and he was like, 'Watch your son.'"

I'd laugh if I didn't think there was some truth behind that threat.

And in other important baby news, **Charlize Theron**'s adopted son **Jackson** had a glamour-filled first birthday party. "**Sandra Bullock** was one of the first guests to arrive with her son **Louis**," a source to E! News of the fete held Sunday at Theron's Hollywood Hills home. "As they walked into the party, they bumped into **Chelsea Handler**, who had also just arrived in a limousine. They all walked in together and headed for the backyard where children's music was playing and kids were running around."

RONALD MARTINEZ/GETTY IMAGES

▶ Alicia Keys and son Egypt said hello to Beyonce and Jay-Z on Sunday during the 2013 NBA All-Star Game in Houston. Egypt hopefully kept his lips to himself.

"Egypt kissed Blue, and I don't think Jay liked it very much. He called my husband and he was like, 'Watch your son.'"
ALICIA KEYS

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@samantharonson
Just got asked, by a homeless woman, if I had speed- so obviously I'm feeling young, edgy and skinny.

@SteveCarell
Watched "Jurassic Park" with my son this weekend. We are thinking about getting a pet Velociraptor. Maybe a rescue.

PERSONAL INJURY LAW
FREE CONSULTATION • NO FEE UNLESS SUCCESSFUL
AUTO ACCIDENTS • SLIP & FALL • DEATH CASES • WORKER'S COMP
LAW OFFICES OF JEFFREY S. GLASSMAN, LLC
We Will Travel To You
Call Now - We Are Easy To Talk To!
617-367-2900
www.jeffreysglassman.com
We Have Recovered Millions Of Dollars For Our Clients

ARE YOU A VICTIM OF CURSES?

"I felt spirits moving around me, even touching me during the night. I would often hear footsteps, opening and closing doors… Even my children were affected, nightmares, in insomnia, fear… I was invited to the HelpCenter and *I learned how to drive out that negativity.* The hell that we all once lived in is gone and our home has become peaceful and happy. We all sleep easily and those paranormal activities have stopped." - *Eileen*

There is a way to break curses and be cleansed from evil. We invite you to break any spells or curses in your life, when evil is at work to a much greater degree than usual.

THURSDAYS AT 7:30PM

IN EAST BOSTON:
570 Bennington St.

HELPCENTER FREE SESSIONS
Wood Island Station - Blue Line; Corner with 55 Moore St.
CALL NOW: 1-800-801-6591

myentertainment

TAG
theater & arts guide

THEATER

RED
BY JOHN LOGAN DIRECTED BY CHARLES TOWERS

2010 TONY AWARD WINNER

When painter Mark Rothko is presented with an opportunity to work on larger murals, he hires a young assistant who ends up challenging the master's fervently held artistic beliefs. Running Feb 14-March 10 at MRT. | Tickets start at $20.
MRT.org | 978-654-4678

MUSIC

BOSTON PHILHARMONIC MAHLER 6

Benjamin Zander conducts Mahler's 6th Symphony, 19 years after his lavishly celebrated performance of this work with the orchestra. The BPO event of the 12/13 season.
Sanders Theatre, 2/21, 7:30pm
Jordan Hall, 2/23, 8pm
Sanders Theatre, 2/24, 3pm
Tickets: 617-236-0999
bostonphil.org/concerts-events

the glass menagerie

NOW PLAYING
MORE TIX RELEASED

Tennessee Williams' heartbreaking family drama starring Cherry Jones, Zachary Quinto, Celia Keenan-Bolger, and Brian J. Smith. Directed by John Tiffany | Tickets from $25
americanrepertorytheater.com | 617.547.8300

HANDEL AND HAYDN SOCIETY PRESENTS

HAYDN IN PARIS

Fiery Concertmaster Aisslinn Nosky brings Haydn's Violin Concerto in G Major to life. Also featured is Symphony No. 82, "The Bear," conducted by Harry Christophers.
Feb. 22 & 24 | Symphony Hall | Tix $20+
617.266.3605 | **handelandhaydn.org**

DANCE

THE BOSTON CONSERVATORY
WINTER. DANCE!

Feb. 21-24 | Tickets: $25 (discounts available)
Danny Buraczeski's *Ezekiel's Wheel*, Gerald Arpino's *Light Rain* and new works by Robert Moses and Diane Arvanites.
Cathy Young, artistic director
31 Hemenway Street, Boston
Box Office: (617) 912-9222
www.bostonconservatory.edu/tickets

NEC NEW ENGLAND CONSERVATORY

PUERTO RICAN TALES FROM THE DIASPORA

New England premiere of "Identities Are Changeable" with Miguel Zenón Quartet & NEC Jazz Orchestra
Ken Schaphorst, conductor
"drama and momentum … an event" —Ben Ratliff, New York Times
February 22 at 8pm - Jordan Hall
$15, at tix.com/box office
necmusic.edu/jazz

To advertise in this directory contact Tiffany Carnuccio at 617-532-0121 or email: tiffany.carnuccio@metro.us

Six guys and a pregnant princess

1. Fun fact about **Richard Gere** (seen here at an "Arbitrage" photocall yesterday in Rome): His middle name is Tiffany.

2. Muse's **Matt Bellamy**, **Kate Hudson**'s fiance and baby daddy, took the stage in London on Monday.

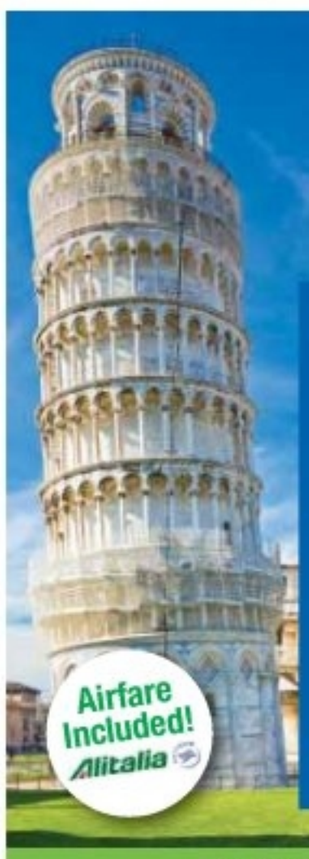
3. Ello, Becks! **David Beckham** returned to his hotel after a training day at the PSG center yesterday in Paris.

4. Have bags, will travel: **James Franco** arrived at Narita International Airport in Japan on Tuesday.

5. "Harry Potter" actors **Oliver** and **James Phelps** (who do not have naturally red hair!) visited the Harry Potter Exhibit at Discovery Times Square on Tuesday in New York City.

6. Can you spot the royal heir in there? A pregnant **Catherine, Duchess of Cambridge,** visited London's Hope House, a residential treatment center, yesterday.

1: ELISABETTA A. VILLA/GETTY IMAGES
2: ANDREW WILLSHER-WAR CHILD/GETTY IMAGES ENTERTAINMENT
3: MARC PIASECKI/FILMMAGIC
4: JUN SATO/WIREIMAGE
5: JAMIE MCCARTHY/GETTY IMAGES
6: CHUNG SUNG-JUN/GETTY



THE TRAVEL CLUB
Providing affordable small group travel for over 50 years!
AND…WE'RE ITALY EXPERTS!

Florence $1,499 Includes: air, taxes, 5 nights hotel, tour, transfers*
Rome $1,539 Includes: air, taxes, 5 nights hotel, tour, transfers*
Classic Tuscany $2,439 Includes: air, taxes, 7 nights hotel, tours, transfers*
Amalfi Coast $2,579 Includes: air, taxes, 7 nights hotel, tours, transfers*

*And more! All departures from Boston. Price is per person double occupancy; fuel surcharges and all air taxes are included.

Airfare Included! Alitalia

Limited Space Available!
Call now for departures: 617.338.1111, ext. 3
showofthemonth.com/travel

We Can Pay Your Fuel Bills!!!

If you live in Boston, Brookline, or Newton,
you may qualify for **ABCD's Fuel Assistance Program** and be eligible for as much as $1,125 towards your heating costs (oil, gas, or electric).

Household of	
1	$31,271
2	$40,893
3	$50,515
4	$60,137

April 30, 2013 Deadline
Apply Today!

ABCD Fuel Assistance:
178 Tremont Street 4th Floor, Boston, MA 02111
(617) 357-6012 • www.bostonabcd.org
abcd *A Program of Action for Boston Community Development, Inc.*

2013 PROFESSIONAL DIVERSITY CAREER & EDUCATION FAIR
IN PARTNERSHIP WITH THE WORK PLACE

metro

ATTENTION EMPLOYERS

March 12, 2013
to be held at the
REVERE HOTEL
200 STUART ST.
BOSTON, MA

For More Information call
YASMIN NASRULLAH
at **617.338.7861**
or e-mail at
yasmin.nasrullah@metro.us

Cracks in 'The Glass'

- A.R.T.'s 'Menagerie' could use some improvement
- Cherry Jones gives a stunning performance — but unfortunately Zachary Quinto does not fare as well

MICHAEL J. LUTCH

▶ From left, Zachary Quinto, Cherry Jones, Brian J. Smith and Celia Keenan-Bolger star in "The Glass Menagerie."

Despite an astonishing performance by Cherry Jones and a cast that includes Hollywood commodity Zachary Quinto, the American Repertory Theater Company's "The Glass Menagerie" lacks the emotional punch Tennessee Williams intended.

Williams' lyrical words should move you to tears as you watch the bleak plight of the Depression-era Winfield family. Instead, an overly choreographed, heavy-handed production leaves you feeling distracted rather than invested in what could be a gut-wrenching ride.

If you go

'The Glass Menagerie'
Through March 17
Loeb Drama Center
64 Brattle St., Cambridge
$25-$65, 617-547-8300
www.amrep.org

A plethora of small choices make you wonder why more of this "memory play" isn't left to your imagination. There are strange hand gestures by the family, an oddly placed crescent moon and a "menagerie" of only one.

A key moment of dramatic tension comes in the first act when Tom (Quinto) throws his coat and accidentally knocks over Laura's glass collection. At our performance, the coat did not come close enough to do any damage — eliminating the need for Laura to grapple with the dilemma of her beloved brother destroying the thing she loves most.

Quinto also misses the mark with the gay subtext of Tom's storyline. His overly feminized mannerisms and blatant physical attraction to the Gentleman Caller are not subtle enough to introduce a necessary sense of intrigue. As the Gentleman Caller, however, Brian J. Smith lights up the stage and compensates for many of the production's shortcomings. Cecilia Keenan-Bolger also fares well, capturing the emotional pain of Laura, but the inconsistency of her virtually nonexistent limp is troubling.

In the end, the reason to see "The Glass Menagerie" is Jones' tour de force performance. The Emmy and Tony Award-winning actress (who is also a founding member of the A.R.T.) is simply magnificent as Amanda, the faded Southern belle who never gives up on her dream.

Nick Dussault
nick.dussault@metro.us

Plot points

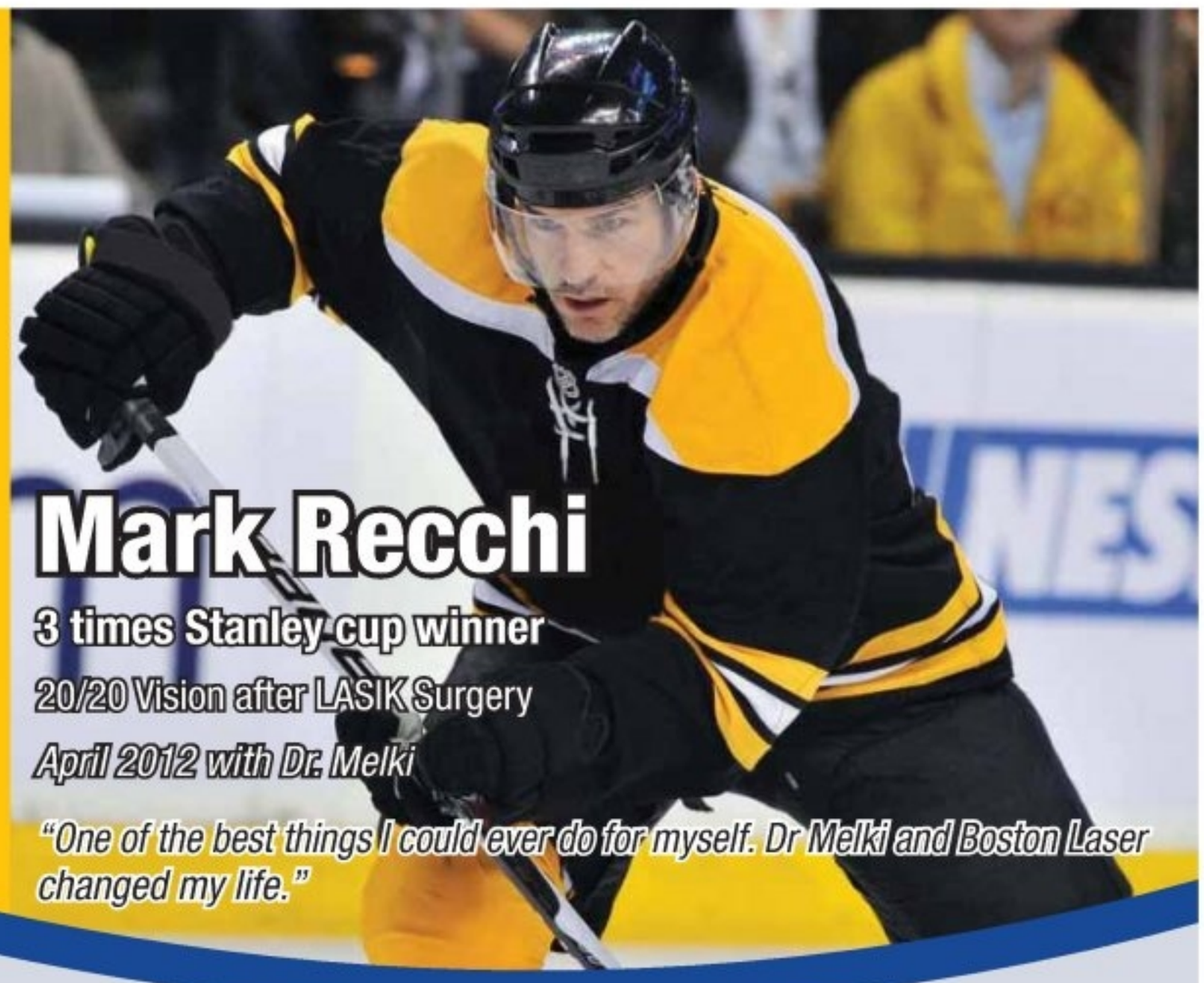
A man relays, from memory, what life was like residing with his mother Amanda, a Southern debutante in decline, and his sister Laura, a "cripple" whose only interests are her phonograph and collection of tiny glass animals. Tom recalls a time when their routine is about to be interrupted by a Gentleman Caller.

New Year!
New Vision!

*As low as $105.00 per month

*Offer expires 3/15/13

**cannot be combined with any other offer



Mark Recchi
3 times Stanley cup winner
20/20 Vision after LASIK Surgery
April 2012 with Dr. Melki
"One of the best things I could ever do for myself. Dr Melki and Boston Laser changed my life."

BOSTON LASER
If it's LASIK, it's Boston Laser

Call Us Today To See
If You're A Candidate For Lasik Surgery
617.277.4733
www.**boston**laser.com

"Here's looking at you, kid"

See Boston.com readers' favorite leading man

Boston.com asked you to select film's greatest leading man in the third annual **Romance Rumble**. Now you can view the winning film—***Casablanca* starring Humphrey Bogart**—at a special screening event on Monday, February 25th at Theatre 1 at Revere Hotel Boston Common.

RSVP today at romancerumble.eventbrite.com

boston.com REVERE THEATRE 1 Estancia RUFFINO

TV watch list

'American Idol'

REALITY. Ten male semifinalists take the stage tonight in Las Vegas. By the time this two-hour episode wraps, half of them will be axed and yet we'll still feel miles away from the season's finish line. **8 p.m., FOX**

'The Americans'

DRAMA. This buzzy new show starring Keri Russell is four episodes in and already proving to be a bona fide success. Tonight's episode of the 1980s Cold War drama features the attempted assassination of President Ronald Reagan, which prompts the FBI to determine whether the KGB is involved. **10 p.m., FX**

'20/20'

NEWSMAGAZINE. Get your film-buff fixings in preparation for this Sunday's Academy Awards with this special edition of "20/20" hosted by Katie Couric. The show will go behind the scenes at the Oscars, with Couric exploring past fashion trends, memorable speeches and home movies featuring classic stars throughout the award show's history. **10 p.m., ABC** ● **MATTHEW JACOBS**

GETTY IMAGES

▶ Katie Couric will take a look at memorable Oscar moments tonight on a special episode of "20/20."

Bill Blumenreich Presents THE WILBUR

MACHINE GUN KELLY LACE UP TOUR FEBRUARY 28

BOB SAGET MARCH 1

JANEANE GAROFALO MARCH 2

STANDING In the SHADOWS of MOTOWN MARCH 6

WEILAND & THE WILDABOUTS MARCH 7

SINBAD MARCH 8

MEGAN MULLALLY & STEPHANIE HUNT ARE NANCY & BETH SUNDAY, MARCH 10

JEWEL Greatest Hits Tour - March 12

ticketmaster by phone: 800-745-3000 ☆ Wilbur Box Office 246 Tremont St. Box Office Hours: Noon - 6 PM ☆ THEWILBUR.COM

Get ready to become a

Medical Assistant

Classes will start soon

"Education for the Real world!" ®

. Practical Nursing . Phlebotomy/EKG . Nursing Assistant

. Accredited by ABHES

. Federal Financial Aid is available for qualified applicants

. Students are eligible to take national certification exams upon graduation

Application fee will be waived when you bring this ad

Medical Professional Institute

339 Pleasant st. Malden, MA 02148

Call Now: 781-397-6822 www.mpi.edu

For more information on our program and its outcomes visit : http://mpi.edu/gainful-employment/

PEREZ GARDINI LLC - ATTORNEYS/ABOGADOS

617 - 507 - 1779

PERSONAL INJURY • SLIP & FALL

DEATH CASES • AUTO ACCIDENTS

WORKER'S COMP • IMMIGRATION

CRIMINAL • FAMILY

We will come to you!

WWW.GARDINILAW.COM

Se Habla Español / Fala-se Português

DORCHESTER COLLEGIATE ACADEMY CHARTER SCHOOL NOW ACCEPTING APPLICATIONS!

dca

Dorchester Collegiate Academy Charter School is currently accepting applications for students who will be in the 4th, 5th, 6th, 7th, and 8th grade in the 2013-2014 academic year.

Dorchester Collegiate Academy Charter School is dedicated to preparing students for college by providing a holistic learning community that fosters intellectual rigor and character development in preparation for college graduation, leadership, and lifelong learning.

To learn more about the Academy and to download an application, go to **www.dcacademy.org** or contact **Donna Green-Ford** at **617-379-3028.**

The deadline for applications is March 12, 2013.

The Academy is located at 131 Hancock Street, Dorchester, MA 02125.

BETTER TEACHERS
NEVER STOP LEARNING

LESLEY UNIVERSITY

Pathways to Licensure Event
Thursday, February 28, at 6:00 pm
1815 Mass. Ave., Cambridge | Porter Square
888.LESLEY.U | lesley.edu/pathways

mytechnology

In space, no one can hear you game

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

Space: the final frontier. Unless your name is Richard Branson, you probably won't be traveling there anytime soon. Indulge your galactic wanderlust, then, with video games. Here are reviews of two recently released titles set in the empty void of space.

▶ The beasties descend upon players in "Aliens: Colonial Marines." It's not as exciting as it looks.

'Dead Space 3'

Consoles: 360/PS3
Company: EA
Grade: ●●●●○

The Dead Space series successively manages to marry the survival horror thrills of "Resident Evil" with a hard sci-fi setting. It's been just two years since the second installment and the cracks are starting to show. There is still plenty of fun to be had frantically blowing the limbs off of aliens and upgrading your weapons, however. Did we mention you can also stomp on their corpses? Because you can. Yay, video games!

The real hook here is that the entire game can be played cooperatively. This takes what otherwise would feel like a paint-by-numbers sequel and gives it an exciting, fresh coat of paint. Who knew absolute terror was best shared?

'Aliens: Colonial Marines'

Consoles: 360/PS3
Company: Sega
Grade: ●●○○○

For such a popular film series, there really haven't been that many "Aliens" games. Well, if this title is any indication, we can be glad for that. A first-person shooter that works as an official sequel to James Cameron's classic film? Sounds amazing on paper. Unfortunately, real life is not paper.

The problem here is boredom. The locations look great and will push your nostalgia button, but the game play just doesn't cut it. Walk down a cramped corridor. Kill wave after wave of witless Xenomorphs. Repeat. That's all there is to it. There is some admirable fanservice here but it's still not worth popping out of a stomach for.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

In the news

What to expect from Playstation 4

Will Sony announce the new Playstation 4 on Feb. 20, six years and counting since the Playstation 3?

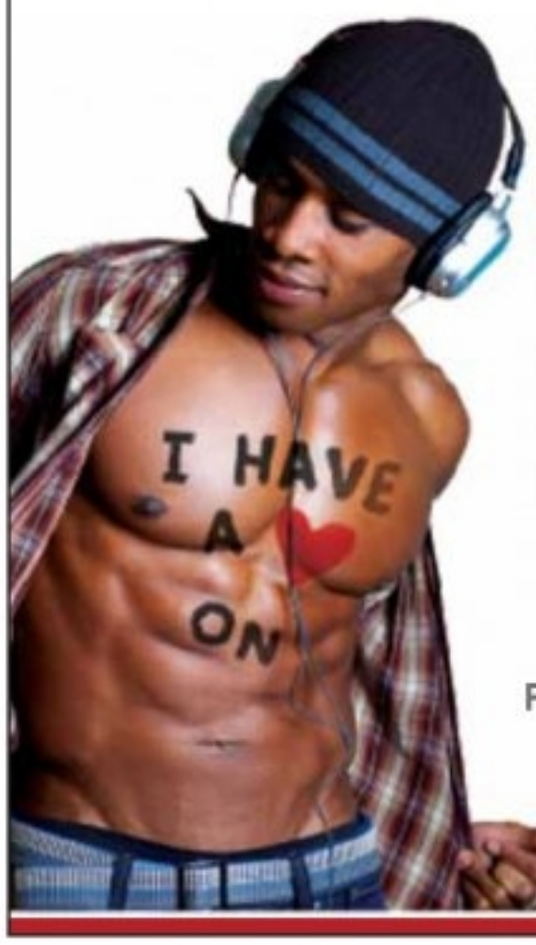
The official word from the company has yet to come down, but several things are "known." If announced, a new system could feature a new control with touch-pad capabilities. It could allow more than one user to log in at the same time. You should be able to stream games and content.

One thing is a fact: This is Sony's attempt to bring interest back into the home gaming market.

"Playstation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets, and alternative gaming devices," Scott Steinberg, a consultant for the gaming industry, tells us. ● MICHELLE CASTILLO, METRO WORLD NEWS

GET YOUR HEART ON
VOLUNTEER FOR AN HIV VACCINE STUDY

VOLUNTEER



We're looking for HIV-negative, 18-50 year old men who ❤ men, and transwomen for an HIV vaccine study. Don't worry... you can't get HIV from the vaccine. You will be paid for your time.

FENWAY HEALTH
617-927-6450
www.bostonisready.org

SEX CAN HAPPEN ANY TIME.
BE PrEPARED WHEN IT DOES.

Fenway Health is looking to develop more ways to protect yourself against HIV, including PrEP—a daily HIV prevention medication. Adding PrEP could be the next step in your sexual health routine.

You could be eligible to participate in a research study on PrEP if you are:
- 18 years or older
- A man or transgender woman who has sex with men

Learn more about how you can prepare yourself.
Call 617.927.6450
If you are eligible, you may receive up to $500 for your participation.
Join the NEXT generation of HIV prevention.

FENWAY HEALTH
nextPrEP

RESERVE YOUR SPACE

DEADLINE: two (2) business days prior to publication at noon.

CALL 866-900-9473

metro classifieds

SEARCH IT.
FIND IT.
BUY IT.

PRESIDENTS DAY
Sales Event!

CENTRAL AUTO TEAM

CHRYSLER

Jeep

DODGE

RAM

MAY QUALIFY FOR TRADE ASSIST REBATES.

SEE DEALER FOR DETAILS.

RAM THE ONLY TRUE TRUCK MONTH

PRESIDENTS' DAY EVENT

ROUTE 1
NORWOOD
THE AUTOMILE
&
ROUTE 44
RAYNHAM

FIND US ONLINE AT
CENTRAL.US
OR GIVE US A CALL:
888.449.9875

*See dealer for additional details.

2013 DODGE DART SXT

AUTO • POWER • BLUETOOTH • ALLOY WHEELS

MSRP: $20,185
STK# M13-0144
BUY FOR $17,000
RETURNING LESSEE/ CONQUEST PRICE $16,000

LEASE FOR $118 PER MO.* PLUS TAX

*Lease for 39 mo. 10K mi/yr. $2,999 cash or trade due at signing plus tax, title, reg., and doc fee. Must qualify for Tier 1 thru Lender. Sale ends: 2/28/13

2013 CHRYSLER 200 LIMITED

V6 • SUNROOF • "S" PACKAGE

MSRP: $27,815
STK# M13-0053
BUY FOR $22,785
RETURNING LESSEE/ CONQUEST PRICE $21,785

LEASE FOR $121 PER MO.* PLUS TAX

*Lease for 24 mo. 12K mi/yr. $2,999 cash or trade due at signing plus tax, title, reg., and doc fee. Must live and qualify for lending area. Sale ends: 2/28/13

ATTENTION VOLKSWAGEN OWNERS!!
GET AN ADDITIONAL $1,000 OFF ON THE PUCHASE OF ANY NEW VEHICLE.*

2013 JEEP COMPASS LATITUDE

4x4 • AUTO • POWER SUNROOF

MSRP: $27,750
STK# M13-0516
BUY FOR $23,250
RETURNING LESSEE/ CONQUEST PRICE $22,250

LEASE FOR $188 PER MO.* PLUS TAX

*Lease for 39 mo. 10K mi/yr. $2,999 cash or trade due at signing plus tax, title, reg., and doc fee. Return Lessee or Conquest rebate included. Must qualify. Sale ends: 2/28/13

2013 RAM 1500 QUAD CAB

4x4 • PW • PL

MSRP: $35,245
STK# M13-0703
BUY FOR $30,050
RETURNING LESSEE/ CONQUEST PRICE $29,050

LEASE FOR $199 PER MO.* PLUS TAX

*Lease for 36 mo. 12K mi/yr. $3,999 cash or trade due at signing plus tax, title, reg., and doc fee. Must live or work in lending area. Must qualify for Return Lessee or Conquest Rebate for lease payment. Sale ends: 2/28/13

RESERVE YOUR SPACE
DEADLINE: two (2) business days prior to publication at noon.
CALL 866-900-9473
metro classifieds
SEARCH IT.
FIND IT.
BUY IT.

PRESIDENT'S DAY SUPER SALES EVENT

0% APR ON SELECT MODELS

2013 KIA SOUL

STK#K130910
MSRP: $15,444
Buy For **$12,888**
Lease For **$99.00** Per Mo.*

2013 KIA RIO 5

STK#K130720
MSRP: $15,840
Buy For **$13,775**
Lease For **$129.00** Per Mo.*

2013 KIA FORTE

STK#K130915
MSRP: $17,7945
Buy For **$13,995**
Lease For **$139.00** Per Mo.*

2013 KIA OPTIMA

STK#K130545
MSRP: $22,165
Buy For **$18,788**
Lease For **$159.00** Per Mo.*

2013 KIA SPORTAGE

STK#K130914
MSRP: $22,269
Buy For **$18,995**
Lease For **$159.00** Per Mo.*

2013 KIA SORENTO

STK#K130872
MSRP: $24,964
Buy For **$18,995**
Lease For **$169.00** Per Mo.*

CENTRAL KIA

OPEN SPECIAL HOURS DURING OUR EVENT!

ON ROUTE 1 THE AUTOMILE!

KIA 10 YEAR 100,000 MILE WARRANTY†

DISCOUNTS UP TO $6,000 AVAILABLE†

Norwood, Route 1 The Automile, Exit 15B off Rt. 128 888.714.2605 Visit us online at central.us

*Leases are for 39 months.10K miles per year with $2995 down. All prices include all factory incentives. †See dealer for details. Tax, title, license extra. All prices include all factory incentives including college, military, etc. Offer ends 2/28/13

BETTER TEACHERS
NEVER STOP LEARNING

LESLEY UNIVERSITY

Pathways to Licensure Event
Thursday, February 28, at 6:00 pm
1815 Mass. Ave., Cambridge | Porter Square
888.LESLEY.U | lesley.edu/pathways

mywellbeing

6 Power foods that help lower blood pressure

February is American Heart Month, so I'm highlighting five delicious and nutritious foods that can help you gain control of high blood pressure and satisfy your taste buds, too.

Baked white potato: The tasty spud often gets a bad rap (since it is commonly thrown in the deep fryer), but it is actually a rich source of magnesium and potassium, two vital nutrients for heart health. When potassium levels are low, the body holds onto extra sodium (and too much sodium raises blood pressure). On the other hand, when you eat a potassium-rich diet, the body becomes more efficient at getting rid of excess sodium. Like potassium, magnesium is also a key player in promoting healthy blood flow. Just skip the butter and sour cream toppings and instead opt for a dollop of nonfat Greek yogurt or salsa to kick the flavor up a notch.

Spinach: Spinach is low in calories, high in fiber and packed with heart-healthy nutrients like potassium, folate and magnesium — all key ingredients for lowering and maintaining blood pressure levels. Try sauteing yours with garlic and olive oil for an easy dinner side. Or, try mixing fresh spinach leaves into salads or add them to sandwiches in place of your usual lettuce.

Sunflower seeds: A quarter cup of this simple snack is also an excellent source of magnesium. Make sure you buy the unsalted version, as the salted kind is high in sodium — a mineral that you want to avoid when it comes to keeping blood pressure levels in check.

Soybeans: Soybeans are another excellent source of potassium and magnesium. Look for soybeans in the pod (edamame) in the freezer case at your local grocery store. For a healthy snack, boil one cup and pop them directly out of the shell and into your mouth.

— For more smart information on lowering blood pressure and cholesterol, visit www.joybauer.com and follow Joy on Facebook and Twitter (@joybauer).

Surprise! Baked potatoes aren't as bad you might think. Just hold the sour cream — Greek yogurt is a great sub!

Advice

JOY BAUER

HEALTH AND WELLNESS EXPERT FOR THE 'TODAY' SHOW AND NEW YORK TIMES BEST-SELLING AUTHOR

www.joybauer.com

Don't forget

Beans
These legumes are versatile and nutritious, too! Choose any type of bean that floats your boat — black, white, navy, lima, pinto, kidney or a combo of a few. They are chock-full of soluble fiber, magnesium and potassium, all excellent ingredients for lowering blood pressure and improving overall heart health.

Add beans to your favorite salads, soups or wraps; as a bonus, they're pretty inexpensive.

Bananas
This fruit comes conveniently wrapped in its own packaging and is filled with loads of potassium, so it's a great choice for an on-the-go heart-healthy snack. You can also add a banana to your breakfast by slicing it into a whole grain cereal or blending into a smoothie with some strawberries and nonfat Greek yogurt. Plus, bananas make a sweet treat when sliced into half-inch wheels and frozen!

LOSE THE MUFFIN TOP
4 BRAND NEW, CUTTING-EDGE LASERS!

- Tightening, resurfacing, rejuvenating skin treatments
- Body contouring by coolsculpting® (removes 20% of fat cells permanently!)
- Botox® & Injectables • Microdermabrasion Chemical Peels
- Laser Hair Removal • Laser Tattoo Removal
- FREE Consultations!

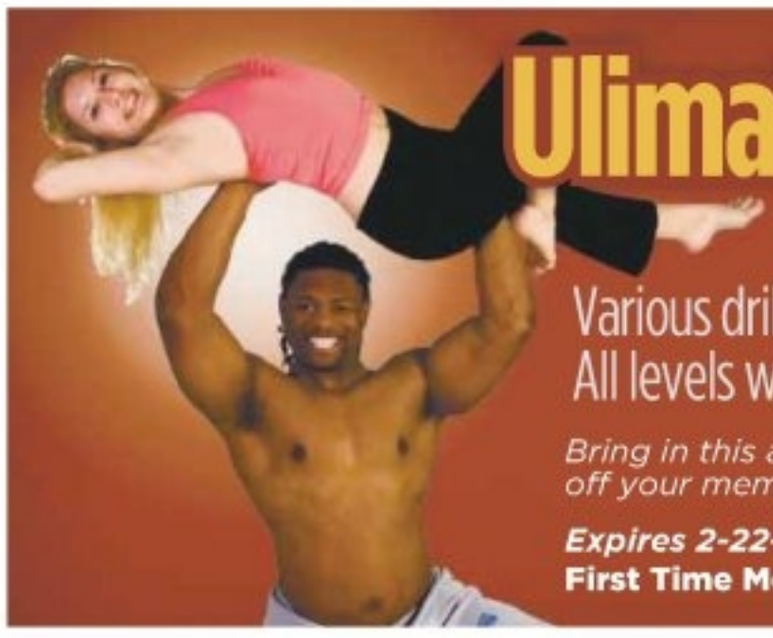
$100 OFF ANY TREATMENT

Melrose MedSpa
Canan Avunduk, MD PhD
MelroseMedSpa.com | 781.620.2315
coolsculpting

GROUP gb BEAUTÉ

Brides: How will you look on your big day?
We will help you find your perfect look
Meet with Boston's best and most creative makeup artists.
1 hour appointment.
includes:
Artist images consultation on wedding/personal style
Artist applied makeup in the agreed upon look, And more....
The Group Beauté Consultation and trial will help you
Feel more comfortable and confident on your special day.
Call Now and mention
METRO to save 50% off admission fee.
855-223-2883 Only $50.00 ($100 value)
Trial Date Sunday, February 24, 2013 10am-7pm
138 Newbury St. Boston, MA

Also, you can have a truly enriching experience at any of our Group Beauté workshops.
Dates/Locations: 527 Tremont St. Boston, MA • February 17, 2013 5pm-7pm • April 7, 2013 5pm-7pm Or at , 138 Newbury St., Boston, MA • March 10, 2013 4pm-6pm



Ulimate Boot Camp
MIKE'S FITNESS
JAMAICA PLAIN
Various drills, strength training and core work!
All levels welcome! Only at Mike's Fitness JP.
Bring in this ad for an additional $5 off your membership!
Expires 2-22-2013
First Time Members Only.
MIKESFITNESSJP.COM
284 AMORY STREET, JAMAICA PLAIN | 617-524-6357
NO CONTRACTS. NO INITIATION FEES.

How your stomach can predict your risk of heart disease

Got a bit of a belly? That could mean heart trouble down the line Why skinny jeans don't necessarily mean skinny genes

Most of us don't want belly fat for vanity reasons, but there's a greater concern about that muffin-top or pot-belly: Belly fat could be an indicator of future or existing heart disease.

"Over the past 10 years there have been many studies that link how body fat is distributed to cardiovascular disease," says Dr. Kathryn Britton, a cardiologist at Boston's Brigham and Women's Hospital's Division of Cardiology. "But we don't know the biology and mechanism. There are a lot of studies looking into whether there's some cause as to why some people deposit fat in their middle and whether it's directly linked to heart disease, or whether it's a marker of other things related to heart disease, like high cholesterol."

CREATAS

▶ Not all body fat is created equal.

Though being overweight can add to heart problems, weight is not as directly linked to heart disease as belly fat.

"Two people who weigh the same might not have the fat distributed in the same places. How fat's distributed is important," insists Dr. Britton. "Certain people are more likely to deposit fat in the abdomen. We don't know why yet. But we do know that decreasing weight will decrease belly fat."

One school of thought as to why has to do with genetics.

"There probably is some genetic component," Dr. Britton says. Still, she advises people to avoid shrugging belly fat off as hereditary and out of their control.

"Most medical conditions have genetic and environmental factors and it's usually environmental that's a richer contributor," she says. "There are so many ways to decrease your risk of heart disease. Adopt a heart-healthy lifestyle by eating healthy food and exercising."

Linda Clarke
letters@metro.us

No-go for lipo

Sorry: Liposuction does not work on the kind of fat that is linked to heart problems:

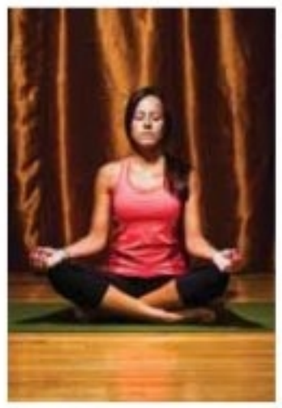
"It isn't the fat that's closest to the skin that's the problem," Dr. Britton says. "The really dangerous fat is deeper, surrounding organs, and you can't liposuction [it]."

CAREER EDUCATION
Make a difference!
Start training for a rewarding new career!
MEDICAL ASSISTANT
Gain the skills to work in clinics, doctors' offices, nursing homes and more!
CALL NOW FOR MORE INFORMATION!
1-888-204-0249
www.EnrollEverest.com
Everest INSTITUTE
1505 COMMONWEALTH AVE. • BRIGHTON, MA 02135
70 EVERETT AVE. • CHELSEA, MA 02150
Accredited Member, ACCSC. For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.everest.edu/disclosures.

GOT AN OPINION?
WRITE TO US AT
LETTERS@METRO.US

FREE DENTAL SCREENING
Screening includes:
Dental Examination and Dental X-rays
Harvard School of Dental Medicine
Teaching Practice
is looking for adult patients for the Northeast Regional Board Exam. Participants who qualify will receive dental treatment provided during the Northeast Regional Boards at no cost.
Free Screenings will be available on Monday and Friday afternoons from December 14, 2012 through March 1, 2013
To schedule a screening appointment, please call:
617-432-2045
Harvard School of Dental Medicine
188 Longwood Avenue, Boston, MA 02115

PERSONAL TRAINING
GROUP FITNESS

CALL TODAY
617-254-1711
STOP BY AND ACTIVATE YOUR VIP 7 DAY MEMBERSHIP AND FITNESS PLAN

SALT-WATER POOL
PILATES REFORMER

REAL PEOPLE. REAL RESULTS.
1079 Commonwealth Ave, Boston
www.commonwealthsportsclub.com
COMMONWEALTH SPORTS CLUB

FREE PARKING
GROUP TRAINING

EXCEL LASER SKIN CLINIC

LASER HAIR REMOVAL SPECIAL
Upper Lip $50 a session
Chin $65 a session
Underarms $75 a session
Excel Laser Skin Clinic
South Weymouth, MA • 1-888-359-3553
www.excellaserskinclinic.com

myletters&games

Letters

letters@metro.us

Obama's got a novel definition of 'big government'

President Obama says "we don't need bigger government" and then proceeds to propose everything from free health care to high-speed rail in his State of the Union Address. How exactly do are we supposed to pay for these things without growing government? Bill Clinton was smart enough to say "the era of big government is over" without proposing government-subsidized "quality pre-school education."

Now that Marco Rubio's "Watergate" response failed to make a mockery out of the U.S. senator from Florida, liberals are now saying he made claims in his response that President Obama did not make in his speech. The center piece is Obama explicitly said he didn't want bigger government and Rubio said he does.

KEVIN METZ, VIA E-MAIL

USDA's conflict of interest making Americans fat

There seems to be an international war on obesity. Among the world's industrialized nations, the United States bears the dubious distinction of being the world's fattest. In 1992, the USDA introduced the food pyramid which was greatly influenced by politics. The pyramid recommended 6 to 11 servings of grains daily, more than any other food group. Since that time, the number of overweight Americans has risen 61 percent. The federal government has been subsidizing and promoting the consumption of high-carbohydrate foods such as wheat, corn, soybeans, rice and cotton. Farmers are paid based on how many bushels of these crops that they grow, which promotes overproduction. Farmers growing fresh produce by contrast, receive very little from Washington. In 2011, the food pyramid was replaced by MyPlate — which is better but it still has grains occupying a sizable portion of it. The federal government should be put on a diet by getting out of the business of subsidizing crops and making dietary recommendations. If food prices were dictated solely by the market rather than politics, it is likely that fruits and vegetables would be less expensive than processed, unhealthy foods.

JANET MCCARTHY, VIA E-MAIL

Constitution is the great equalizer of religion in US

RE: "WHATEVER YOUR FAITH, BE HUMBLE" (METRO, FEB. 15-17) I was amazed to see that you printed Mr. Asabi Rich's religious manifesto in Friday's edition. I would remind everyone that this country was founded by immigrants fleeing religious tyranny, and the clear separation of government from religion is a cornerstone of the Constitution of this country. Anyone can submit to the deity or deities of their choice, or to none — that's the law of this land. Obviously these days there are many of various stripes that want their particular beliefs to have status equal to or even above the law. Nothing doing. This is America; love it or leave it, but don't mess with it.

PAUL SIMONS, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♓ Pisces **Feb. 20-March 20.** Guard against a strong inclination to reward the undeserving while overlooking the virtuous. There's a possibility you could do so in two separate cases.

♈ Aries **March 21-April 19.** This could be a disconcerting day, because you can quickly go from being inspired to being disenchanted. Unless you get a handle on your moods, they'll hamper you greatly.

♉ Taurus **April 20-May 20.** You could do yourself a great disservice by reacting impulsively and blindly allowing one of your hunches to direct your actions. Check things out first.

♊ Gemini **May 21-June 20.** If you've been borrowing things lately, such as tools, materials or even cash, it's best to clear matters up by returning everything as soon as possible. You'll feel better about yourself.

♋ Cancer **June 21-July 22.** Taken alone, your judgment isn't too bad, but you must be careful not to be swayed by another who doesn't have your best interest in mind. Don't believe everything that you're told.

♌ Leo **July 23-Aug. 22.** Don't be impatient if your fellow man doesn't grasp the essence of an idea as quickly as you'd like. It won't hurt to repeat what isn't understood at first.

♍ Virgo **Aug. 23-Sept. 22.** Normally, you are an extremely prudent and pragmatic person, but today you could become intrigued with a financial affair that could be extremely risky. Tread slowly.

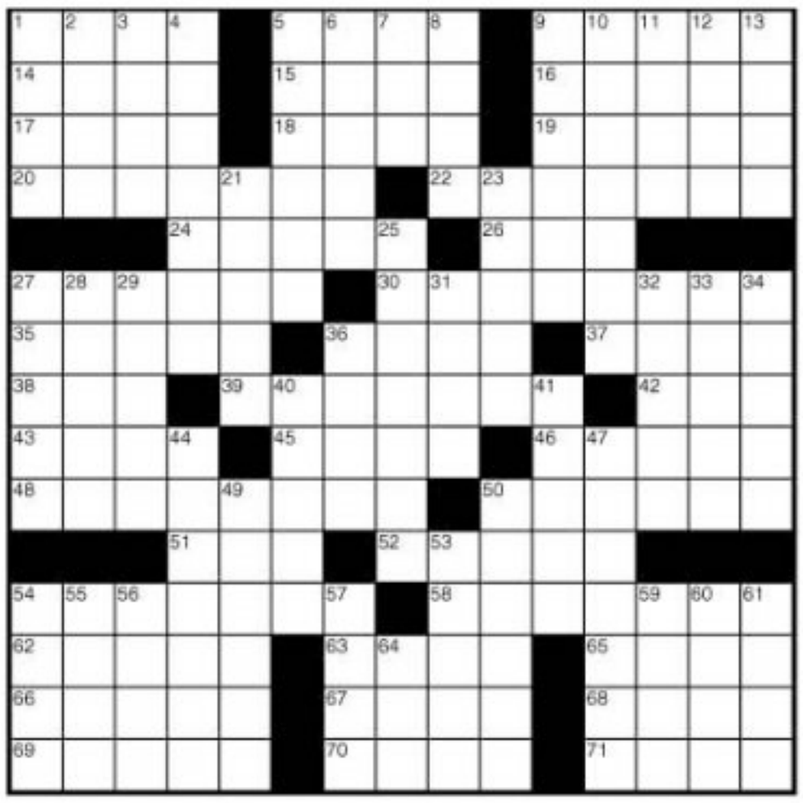
♎ Libra **Sept. 23-Oct. 23.** When making a major household purchase, you should take things slowly. If you're unsure about your choice, temporarily walk away and dismiss it from your mind until you're positive.

♏ Scorpio **Oct. 24-Nov. 22.** This could be one of those days when you could benefit from putting off what you don't feel like doing, especially if it's something extremely distasteful to you. Time will take care of it.

♐ Sagittarius **Nov. 23-Dec. 21.** Be extremely careful when handling the resources of another as well as your own. Indifference on your part could prove to be more costly than you anticipate.

♑ Capricorn **Dec. 22-Jan. 19.** Although you are usually a good salesperson, this might not be true at present due to carelessness. You could do or say something that would cause your prospect to back off.

♒ Aquarius **Jan. 20-Feb. 19.** There is a strong likelihood that you could reveal something that you promised to keep secret. Keep a tight hold on your lips. BERNICE BEDE OSOL



Across
1 — -a-brac
5 Vasco da —
9 Vouchers
14 Make it snappy
15 Saudi Arabia neighbor
16 Milkmaid who Krishna loved
17 Well-qualified
18 Hold down a job
19 Clay pots
20 Mascara target
22 Altar boy
24 Sell hot tickets
26 Lennon's wife
27 Utterly miserable
30 Relax (2 wds.)
35 Be a bad winner
36 Tall tale
37 Edit out
38 — Lingus
39 Earliest
42 Courtroom fig.
43 Bulrush or cattail
45 Batik need
46 Catcher under Stengel
48 Grandeur
50 Feudal tenant
51 "Ulalume" poet
52 Blow, as a horse
54 Shooting stars
58 Loser (hyph.)
62 Veldt grazer
63 Prima donna
65 Cattle-call reward
66 Tennis standout Ivan —
67 Remote
68 Particular
69 Make fun of
70 Garden green
71 Bonkers

Down
1 Hillside, to Angus
2 Deep red
3 Castaway's refuge
4 London district
5 Jumps on (2 wds.)
6 Menotti hero
7 Nick or scratch
8 — Karenina
9 Hums in a soft voice
10 Called out (var.)
11 Without much thought
12 "Anything but —!"
13 Letter encl.
21 Customers, to an S&L
23 — age (long time)
25 Wood smoothers
27 Petri dish gels
28 Censor
29 Superman's father (hyph.)
31 Crude metals
32 Moves toward
33 Infra opposite
34 Scent carrier
36 Goofball (hyph.)
40 More unusual
41 Ski lifts (hyph.)
44 Relies
47 Portuguese resort
49 Piece of pasta
50 Dean Martin hit
53 Kind of blockade
54 Liquefy
55 Gen. Robert — —
56 Blue Nile source
57 Wyo. neighbor
59 — -Rooter
60 He played Obi-Wan
61 Fictional sub commander
64 — — tree falls...

8			4	6	2			
					5	9	2	7
					1	8	6	
						2	1	
3	9						4	5
	6	4						
	4	5	7					
6	8	7	1					
			2	5	4			8

SUDOKU **LEVEL: EASY**

3		4						7
		7	2				1	
			4	6	7	3		
				2	8			9
		9	6		4	2		
8			3	1				
		5	9	7	6			
	6				2	8		
2						9		6

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

I	R	K	E	D	■	S	I	R	S	■	J	A	I	L
S	I	N	A	I	■	O	B	E	Y	■	A	T	R	A
L	A	I	R	S	■	A	S	T	R	O	N	O	M	Y
A	T	T	■	C	A	P	E	R	■	P	U	P	A	S
M	A	S	C	■	B	Y	N	A	M	E	S	■	■	■
■	■	■	O	H	S	■	C	A	R	■	R	N	A	■
A	M	B	L	E	■	B	A	T	T	A	L	I	O	N
M	A	R	I	A	■	E	Y	E	■	T	A	M	E	D
P	L	U	N	D	E	R	E	D	■	I	T	A	L	Y
S	I	T	■	S	T	E	■	A	C	H	■	■	■	■
■	■	■	R	E	E	N	T	R	Y	■	S	E	A	M
S	C	O	U	T	■	I	R	O	N	S	■	U	K	E
C	L	A	S	S	I	C	A	L	■	O	G	L	E	S
A	I	R	S	■	W	E	I	L	■	P	E	E	L	S
M	I	S	O	■	O	S	L	O	■	S	T	R	A	Y

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

To advertise — phone: 212-457-7735; email sales: adsboston@metro.us

BOSTON | **Editor in Chief:** Tony Metcalf, tony.metcalf@metro.us @edinchief metro | **Managing Editor:** Amber Ray, amber.ray@metro.us | **City Editor:** Jill Gadsby, jill.gadsby@metro.us | **Sports Editor:** Matt Burke, matt.burke@metro.us **Books/Parenting/Gossip/Travel Editor:** Dorothy Robinson, dorothy.robinson@metro.us **Home/Style/Food Editor:** Tina Chadha, tina.chadha@metro.us | **Film/Tech/Dating Editor:** Heidi Patalano, heidi.patalano@metro.us | **Wellbeing/Going Out Editor:** Meredith Engel, meredith.engel@metro.us | **Entertainment/Music Editor:** Pat Healy, pat.healy@metro.us **Careers/Education Editor:** Monica Weymouth, monica.weymouth@metro.us **Copy Chief/Theater Editor:** Tracie Michelle Murphy, tmichelle.murphy@metro.us

As the world's largest global newspaper, Metro has more than 18 million readers in over 100 major cities in 23 countries • **Metro Boston** 320 Congress St., 5th floor, Boston, Mass. 02210-1237 • **main:** 617-210-7905 • **sales:** 617-210-7905 • **e-mail:** adsboston@metro.us • **distribution** 617-210-7905, e-mail: distribution@metro.us • **National Sales Director** Ed Abrams • **U.S. Distribution Director** Joseph Lauletta | **U.S. Marketing Director** • Wilf Maunoir
• **Advertisements appearing in Metro are published in good faith.** Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.

Charlie Fuchs, MD, MPH, director of the gastrointestinal cancer center at Dana-Farber Cancer Institute

Colon cancer on the rise in young adults

Although colon cancer is a disease that primarily affects people age 50 and older (this age group accounts for 90 percent of newly diagnosed cases each year), studies have shown that cancer of the colon and rectum is on the rise in younger patients.

Emily Collins knows this firsthand, having been diagnosed with colon cancer when she was just 31 years old.

"In comes the gastroenterologist with this awful look on his face and he said, well, we found this enormous tumor," says Collins. "I felt perfectly healthy. I had no idea I had advanced stage cancer growing inside of me. It was really completely out of the blue."

Charlie Fuchs, MD, MPH, director of the gastrointestinal cancer center at Dana-Farber Cancer Institute in Boston, says colon cancer often is found in its late stages as common symptoms of disease are mistaken for other medical issues. These symptoms can include blood in the stool, changes in bowel habits, and abdominal discomfort.

"These symptoms can arise for reasons totally unrelated to cancer, so one shouldn't conclude that if you have any of those symptoms that you have colon cancer," says Fuchs, "but you should bring it to the attention of your primary care physician who can make an assessment and decide if any further evaluation is needed."

For Collins, the news she had an advanced stage of colon cancer was devastating. "As a newlywed, I was focusing on new life with my husband Greg," says Collins. "Instead, I started on a rigorous schedule of treatment to treat the disease that included months of chemotherapy, radiation and then major surgery."

Studies show the disease is highly curable when found in its earliest stages. Fuchs says that people can reduce their chance of developing colon cancer by staying in shape as obesity is one of the leading risk factor for the disease. "You should also limit eating red meat to no more than two times a week and limit the number of alcoholic drinks to no more than one a day," says Fuchs. "Studies also suggest aspirin and vitamin D may help prevent colon cancer."

As for Collins, the focus now is finishing treatment and staying healthy. "I'm so grateful for every day that I feel okay," says Collins. "I'm so grateful to be alive, facing that kind of news really does make you value the things that you have."

Dana-Farber patient Emily Collins and her husband Greg

For more information on how you can lower your cancer risk, visit www.dana-farber.org. Follow Dana-Farber on Twitter: @danafarber or Facebook: facebook.com/danafarbercancerinstitute.

Dana-Farber Cancer Institute (www.dana-farber.org) is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

Dana-Farber's

March 2013	Site
Wednesday 6	Harvard Street Neighborhood Health Center
Thursday 7	Brookside Community Health Center
Tuesday 12	Bowdoin Street Health Center
Wednesday 13	Joseph Smith Community Health Center –Allston
Thursday 14	Longwood Medical Area - Boston Children's Hospital
Tuesday 19	Whittier Street Health Center
Wednesday 20	Martha Eliot Health Center
Thursday 21	The Dimock Center
Tuesday 26	Bowdoin Street Health Center
Thursday 28	Joseph Smith Community Health Center- Waltham
April 2013	**Site**
Thursday 4	Southern Jamaica Plain Health Center
Tuesday 9	Bowdoin Street Health Center
Wednesday 10	Joseph Smith Community Health Center –Allston
Thursday 11	Martha Eliot Health Center
Tuesday 16	Whittier Street Health Center
Wednesday 17	The Dimock Center
Thursday 18	South End Community Health Center
Tuesday 23	Bowdoin Street Health Center
Wednesday 24	Joseph Smith Community Health Center- Waltham
Thursday 25	Geiger Gibson Health Center

Mammography Van

DANA-FARBER CANCER INSTITUTE

Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

To learn more or schedule an appointment, please call 617-632-1974. Visit us on the Web at ***www.dana-farber.org/mammographyvan***.

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

Se Habla Español
Nou palé Kreyòl

Celebrating 10 years of Serving the Women of Boston

LASIK & Beyond

Taking Human Sight To The Next Level

At New England Eye Center, we truly are taking sight to the next level. Thanks to recent advances in laser and lens implant technology, our highly-trained specialists are helping patients of all ages enjoy the type of clearer, more natural vision they desire. Vision for the way we live here in New England!

Wouldn't it be SWEET if you could enjoy clearer, more natural vision without the hassle of glasses or contact lenses? Make this the year you say YES to the VISION you've always wanted with advancements in eye care from LASIK laser vision correction, to Visian ICL® *(Implantable Contact Lenses)* and Laser Cataract Surgery.

Take advantage of our LASIK & Beyond Resolution Celebration now underway at New England Eye Center. Life will never look the same!

From our all-laser, bladeless LASIK procedure – to exciting developments like our Visian Implantable lens - our commitment to leading edge technology is surpassed only by our dedication to personalized patient care. Patients of New England Eye Center find confidence in knowing we offer experience you can trust and technology you can rely on.

NASA-Approved LASIK - Our all-laser, bladeless LASIK at New England Eye Center has greatly improved results and helped take the fear out of having LASIK. The vast majority of our LASIK and PRK patients now achieve 20/20 vision at distance without glasses or contact lenses. Our method of LASIK is the same type approved for NASA astronauts and military pilots.

Implantable Contact Lens - New England Eye Center is among a select group of practices in the country offering patients the benefits of the Visian Implantable Collamer Lens (ICL). Unlike LASIK, the Visian corrects vision by inserting a delicate intraocular lens-like device atop the eye's natural lens, which is why the Visian is also referred to as the 'Implantable Contact Lens.' All of the refractive surgeons at New England Eye Center are qualified and experienced in performing this brief outpatient procedure to insert the Visian ICL. Because no corneal or other tissue is removed in the Visian ICL procedure, visual recovery is extremely rapid and the ICL can potentially be replaced if the eye's focus changes over time.

Refractive Lens Exchange - If you're frustrated with reading glasses and bifocals, our refractive specialists perform a procedure known as Refractive Lens Exchange. By replacing your eye's aging natural lens with a Intraocular Lens Implant customized specifically for your visual needs - and your lifestyle - allowing you to see better, look younger and never have to worry about developing cataracts!

Laser Cataract Surgery - For seniors experiencing changes in their vision – or who have been diagnosed with a cataract – New England Eye Center is turning the dream of Laser Cataract Surgery into reality. We are currently among only the top 3% of practices in the country to offer patients the added precision and accuracy of Laser Cataract Surgery using OptiMedica® Catalys™ Precision Laser System.

This year, take your vision to the NEXT LEVEL by giving yourself or a loved one the Gift of Sight. Now that's a Gift that keeps on Giving. A blessed New Year from the surgeons and staff of New England Eye Center.

AUG 2011

24

25

26

27

What did the day before Hurricane Irene look like?
Any other day.

Prepare for tomorrow. Ready.gov/today

Ad Council FEMA Ready.

BE THE CHANGE YOU WANT TO SEE:

Nursing Leadership at Regis College

Regis College

Are you a nurse working hard to provide your patients with the best possible care? Do you understand the need for improvement in Healthcare and wish you could play a bigger role in developing healthcare delivery at your hospital and throughout the Healthcare field? According to the Robert Wood Johnson Foundation "From reducing medical errors, to increasing the quality of care, to promoting wellness, to improving efficiency and reducing costs, a new survey finds that an overwhelming majority of opinion leaders say ***nurses should have more influence."*** As a **Nurse Leader** you would have the opportunity to influence the systems and procedures that inform the quality of healthcare. The Nurse Leader career path is continuing to grow as Healthcare Organizations recognize the need for nurses who can combine their clinical expertise with administrative skills, and leadership acumen.

Regis College offers experienced bachelors-prepared nurses the education needed to become a nurse leader. This 14-course (42-credit) **MS in Nursing Leadership Program** is designed to prepare nurses for leadership roles in a variety of areas. Three concentrations – **Nursing Leadership/Health Informatics, Nursing Leadership/ Regulatory & Clinical Research Management** and **Nursing Leadership/Health Administration** - allow students to select their specific area of interest.

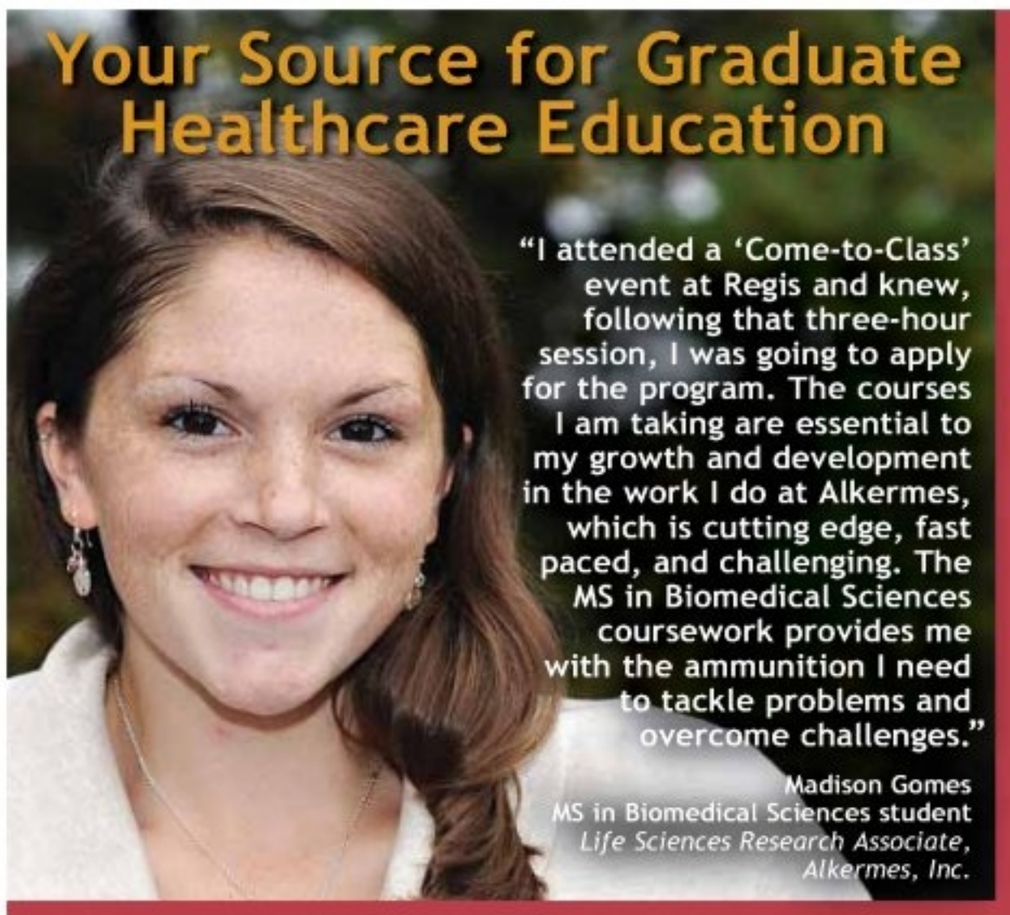
The MS in Nursing Leadership/Health Informatics is ideal for nurses seeking a career in the growing field of Health Informatics. Course offerings like *Health Information Systems and Strategic Leadership in Health Informatics* prepare students for careers as Nurse Informaticists working in provider, vendor, insurance, biotech or public health settings.

Through courses such as H*ealth Product Regulation and Clinical Research Methods,* the **MS in Nursing Leadership/Regulatory & Clinical Research Management** program prepares baccalaureate nurses for leadership roles in clinical affairs for product development. Skills learned in this Regis College program lead to careers in the biotech field with positions such as Clinical Research Coordinators, IRB Managers and Safety Officer.

For nurses working within advanced nursing practice in nursing leadership, Regis offers the **Nursing Leadership/ Health Administration** program, which provides students with the skills needed to serve in healthcare management roles including positions as Nurse Managers, Chief Nursing Officers and Vice Presidents of Nursing/Patient Care Services. Courses such as *Quality Management in Health Care and Economics of Health Care* prepare nurses to tackle the business of healthcare.

As Vince Lombardi said, "Great leaders aren't born. They are made!" Regis College's MS in Nursing Leadership program will make you a healthcare leader. To learn more about the MS degree, attend an **Information Session** on the **Regis College** campus on **March 12 at 6pm.** For additional information, visit www.regiscollege.edu/regisgrad or call 781-768-7330.

Your Source for Graduate Healthcare Education



"I attended a 'Come-to-Class' event at Regis and knew, following that three-hour session, I was going to apply for the program. The courses I am taking are essential to my growth and development in the work I do at Alkermes, which is cutting edge, fast paced, and challenging. The MS in Biomedical Sciences coursework provides me with the ammunition I need to tackle problems and overcome challenges."

Madison Gomes
MS in Biomedical Sciences student
Life Sciences Research Associate, Alkermes, Inc.

DEGREES & CERTIFICATES IN

- Nursing—AS, BS, MS, DNP
- Applied Behavior Analysis
- Medical Imaging—Nuclear Medicine
- Regulatory & Clinical Research Management
- Biomedical Sciences
- Health Administration
- Gerontology
- Health Informatics
- Public Health
- Integrative Health
- MAT—Elementary Education, Reading, Moderate Special Needs
- Heritage Studies
- Communication

Information Session
March 12, 6:00 p.m.

Ask about our new student discounts & GRE waiver

Regis College

Learn more: www.regiscollege.edu/regisgrad
781-768-7330

Office of Graduate & Professional Programs
235 Wellesley St. ▪ Weston, MA 02493
graduatedepartment@regiscollege.edu

Bring Your Purpose. Find Your Path.

3

WWW.METRO.US

WANT MORE SOX? GET MORE COVERAGE AND CHECK OUT OUR ANALYSIS ONLINE

Sports in brief

Danny Ainge

GETTY IMAGES

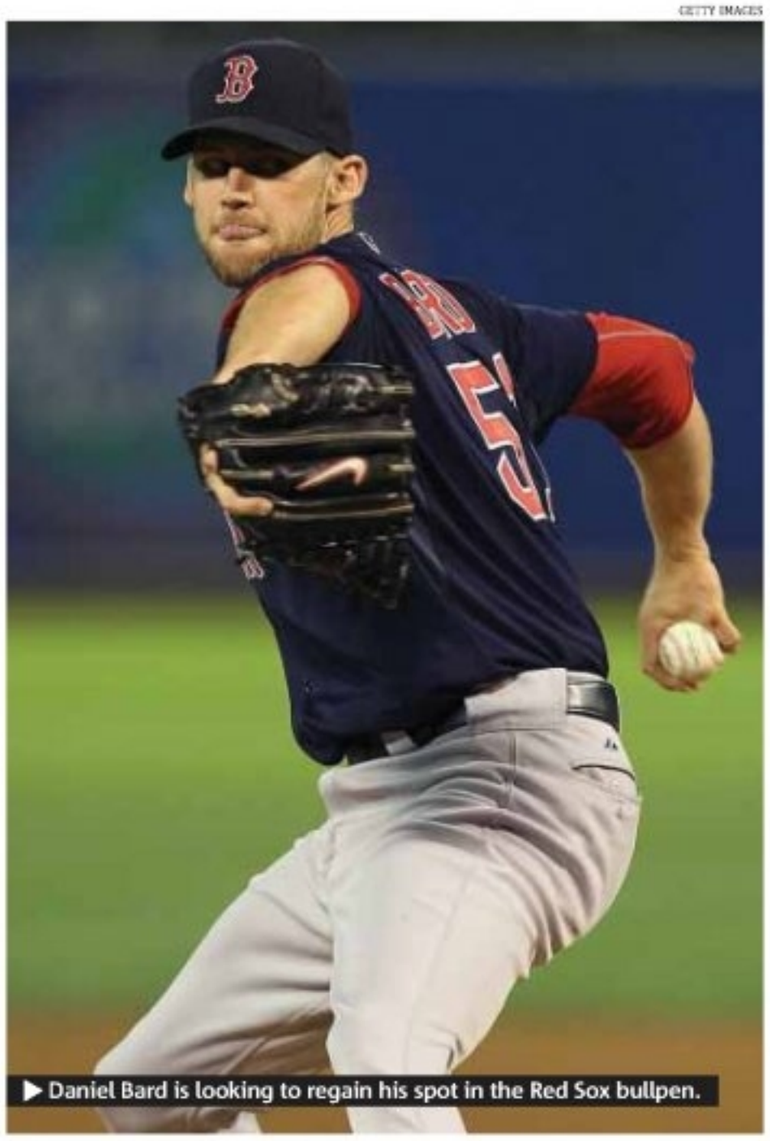
Ainge says major trade is unlikely

It's hard to expect Celtics president Danny Ainge to be totally forthcoming just hours before tomorrow's NBA trade deadline at 3 p.m., but the C's boss did, nonetheless, discuss the possibility of the team making a deal with the Boston Herald yesterday.

"It looks unlikely that anything will be done, other than possibly some players we will add to our roster," Ainge told the Herald. "Trades are very challenging to make, and then on top of that we like our guys." MATT BURKE

Bard encapsulates fresh approach by Sox in 2013

GETTY IMAGES


Daniel Bard is looking to regain his spot in the Red Sox bullpen.

Reliever Bard looking to bounce back from horrid 2012 Much of last year was spent in Pawtucket

Between 2010 and 2011, Daniel Bard was one of the best relief pitchers in all of baseball. In 2010 he had a miniscule 1.93 ERA in 74.2 innings, followed by a 25 scoreless appearance streak the next year. He and Jonathan Papelbon were one of, if not the best set-up, closer tandems in the game.

Then came 2012 — a complete disaster. Bard and the Red Sox experimented with him in a starting role, and it blew up in their faces. He went 5-6 with a 6.22 ERA in 17 appearances.

Bard's command was lost. His blazing fastball couldn't find the plate. Everything was gone. The experiment of him as a starter was a failure. He was sent down to Triple-A Pawtucket on June 6, and he remained there until the end of August.

At Pawtucket every appearance was an event, and back in Boston people still couldn't believe what they were seeing.

In 32 innings Bard had a 7.03 ERA, walking 29 and hitting another 10.

His control, which was one of the biggest reasons for his initial success, was now causing him to struggle tremendously.

Luckily for Bard, like for the Red Sox as an organization, 2013 is a fresh start — a new manager, a relatively new team and a new attitude.

"Starting a new season, I'm excited. I'm looking forward to it," Bard said to reporters last weekend. "The past is the past, and I'm going to go off how I feel on a day-to-day basis — and today I felt really good."

The North Carolina grad will be back in his more comfortable role as a reliever, and as of now he'll split set-up duties with Andrew Bailey. Bard knows how talented he is — he just needs to show he can get back to what he was two seasons ago.

"I know I have something to prove, but at the same time I feel really good," Bard said.

Some reports have surfaced over the past few days of Bard potentially starting the season in Pawtucket. But at age 27 and holding the title of an MLB Players Association representative, Bard is unlikely to be treated like a rookie by the Sox.

Ryan Hannable
sports@metro.us

Happy campers

Proceedings in Fort Myers have been relatively jovial for the Red Sox so far. Here are a few notes from spring training yesterday:

- **John Farrell** told WEEI.com that as of now Jarrod Saltalamacchia is the No. 1 catcher on the roster, with David Ross currently serving as the backup.
- **John Lackey** will start Boston's Grapefruit League opener against the Rays on Saturday. Jon Lester will start Sunday against the Cardinals and is in line to start on Opening Day in the regular season.

17

Daniel Bard appeared in just 17 games for the Red Sox in 2012. In 2010 and 2011, he had appeared in more than 70 games, respectively.

FEELING DEPRESSED?

A clinical research study for an investigational medication is currently enrolling people who: Are currently taking an antidepressant but still need additional relief OR Are not taking any antidepressant medications but think they may have depression.

Minimum Qualifications:
- An adult between 18 and 65 years old
- Currently experiencing symptoms of depression

What is Involved? Receive study medication and study-related medical care at no cost

COMPENSATION FOR TIME AND TRAVEL MAY ALSO BE PROVIDED

To learn more and find out if you may qualify, please contact:
Adams Clinical Trials, LLC located in Watertown, MA | (617) 387-1706

If you have BIPOLAR (I) DISORDER

And also experience symptoms of MAJOR DEPRESSION
Please Call: (617) 387-1706.
We are recruiting for a Bipolar Depression clinical study.

ADAMS CLINICAL TRIALS in Watertown

DON'T REPLACE YOUR TUB... RESHAPE OR REGLAZE IT! $369 Tub Refinishing W/COUPON regularly $469

EASTERN REFINISHING CO.
1-800-463-1879
SAVE $100
We also do Sinks Tile & Countertops
Rated #1 FOR A REASON
www.easternrefinishing.net
COUPON EXPIRES 2/23/13

STOP
ATTORNEY STEVEN STRIFFLER
BANKRUPTCY
FREE Phone Consultation
CALL NOW
617-290-1573
- STOP Harassing Phone Calls
- STOP Repossession
- ELIMINATE 2nd & 3rd Mortgages / ELIMINATE credit card debt
- STOP Foreclosure
- KEEP Your Property

21 McGrath HWY, Ste. 301, Quincy www.quincybankruptcy.com

The Beanpot Report: Eagles stumble after tournament victory

BC takes small step back with loss to Merrimack, tie with UNH ◗ On flip side, BU responds with big wins

Once the Beanpot champion has been crowned on the second Monday in February, it annually means the college hockey regular season is quickly wrapping up. This only gives the remaining games added significance before the real fun starts: conference tournaments and the NCAA tournament. Teams that win the Beanpot and even the consolation game often cite how it's a significant moment for their team moving forward, and we can already see that with Harvard (2013 Beanpot consolation game winner) — the Crimson are unbeaten in their last four games (2-0-2). The same can't be said for Boston College, the 2013 Beanpot champs, which lost to Merrimack and tied UNH this past weekend.

Power rankings

1. Boston College (17-8-3 overall, 12-7-2 in Hockey East; No. 4 in USCHO.com poll)
Last week: Lost 2-1 at No. Merrimack in OT on Friday; Tied No. UNH 4-4 on Sunday
The Eagles had seemingly gotten back on track at the Beanpot after struggling for a few weeks. That's what makes this past weekend so mystifying. The Warriors are the surprise leaders of Hockey East and the Wildcats are one point behind the Eagles for third-place, so they are great teams in their own right. Still, it's weird that BC could find themselves on the big stage of the Beanpot and then lose it so fast. Maybe it's just because they played some bad teams (Harvard, Northeastern) in the Beanpot.

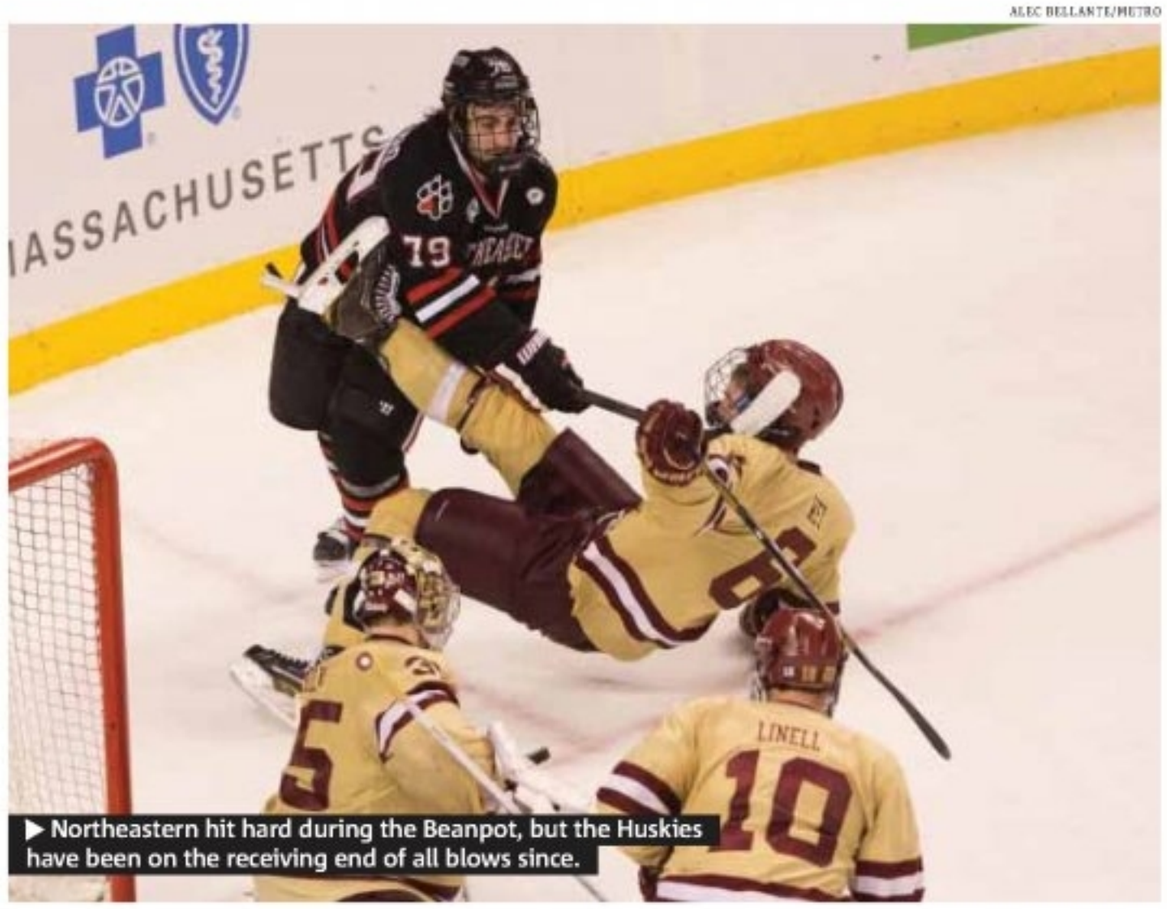
2. Boston University (14-12-2 overall, 11-7-2 in Hockey East; No. 15 in USCHO.com poll)
Last week: Tied Maine 3-3 on Friday in Orono, Maine; Won 5-4 in OT against Maine on Saturday in Orono
The Terriers' season was going off the rails for all to see at the Beanpot, but big credit to them for picking up three points at Alfond Arena against an improving Maine squad. Saturday's win snapped a five-game winless streak (0-3-2) for BU. The Terriers are in a real fight for home ice in the Hockey East playoffs, as they sit tied for fourth place with Providence with three weekends left in the regular season.

3. Harvard (7-15-3 overall, 4-12-2 in ECAC)
Last week: Beat Colgate 4-1 on Friday; Tied Cornell 2-2 on Saturday
Last season, the Crimson used a win in the Beanpot consolation game to make it all the way to the ECAC tournament final. Nobody is predicting that for Harvard this season, but at least with the last few week's results, that remains a possibility.

4. Northeastern (8-16-3 overall, 4-13-3 in Hockey East)
Last week: Lost 2-1 to Vermont on Friday; Lost 3-1 to Vermont on Saturday
The Huskies appeared to gain some momentum from a fine showing in the Beanpot (losing 6-3 to BC in the Beanpot championship) — that is, until they were swept by the Catamounts last weekend.

Rich Slate
sports@metro.us

ALEC BELLANTE/METRO



▶ Northeastern hit hard during the Beanpot, but the Huskies have been on the receiving end of all blows since.

Are you a male 26 years old or older?
Do you have problems with ejaculation (release of semen)?
MHB
MEN'S HEALTH BOSTON
Men's Health Boston is offering a research study for men looking at the effects of an investigational medication on ejaculation.
You may qualify if:
• If you are unable to ejaculate
• It takes you a longer time to ejaculate
• You experience decreased force of ejaculation
• You think your semen volume is low
Financial compensation provided.
Please call us if you would like more information.
617-277-5000
www.menshealthboston.com

ARE YOU STILL DEPRESSED?
Taking medication to treat depression, but still feel
FLAT?
UNMOTIVATED?
NO ENJOYMENT OF LIFE?
Boston Clinical Trials is conducting a new research study of investigational medication for DEPRESSION.
Compensation for participation
Call today (617) 477-4868 or email studies@bostontrials.com
For more information visit www.bostontrials.com
BCT Boston Clinical Trials
Free parking, near public transportation, evening appointments available.

Forsyth The Forsyth Institute
6 WEEK MOUTHWASH STUDY
• Men and women between the ages of 18-65 years old are asked to join a mouthwash study
• The test mouthwash is a new product to improve gums and to reduce bad breath
• Qualified people will be asked to rinse twice a day with a mouthwash at home and come to the clinic for dental exams
• 3 study visits over 6 weeks
• Routine dental and gum exams
$250 compensation at the end of the study
If you are interested please call or email for more information:
617.892.8213 | clinicaltrialsinfo@forsyth.org

Medical Research DIRECTORY

To place an ad call Yasmin Nasrullah at 617-338-7861 or email yasmin.nasrullah@metro.us or Michael Doane at 617-338-6731 or email michael.doane@metro.us

Are you Suffering from Chronic Idiopathic Constipation?

Beacon Clinical Research is conducting a clinical research study that is looking at whether an investigational medication is suitable for treating chronic idiopathic constipation.

You may be able to participate if you:

- Are 18 years of age of older
- Have experienced symptoms of chronic idiopathic constipation
- Are available to participate in this study for up to 7 weeks

No Insurance is needed.

Compensation for time and travel may be provided

CONTACT
Beacon Clinical Research, LLC
Ph: 508-584-2030 ext. 210
E: Info@BeaconClinical.com • Web: WWW.BeaconClinical.com

Do you have psoriasis?

Study volunteers needed

A clinical trial is currently being conducted to determine if an investigational external light (phototherapy) device will be beneficial for patients with psoriasis.

To participate

- **You must be at least 18 years old**
- **You must have plaque-type psoriasis the size of a quarter on both sides of your body**

Study length is approximately 12 weeks, with 3 office visits. Participants will receive all study-related evaluations and treatment at no cost

For more information about this trial or to see if you qualify,
please call (617) 636-7462
or email ndonovan1@tuftsmedicalcenter.org

Principal Investigator:
Alice B. Gottlieb, MD, PhD
Chair and Dermatologist-In-Chief
Department of Dermatology
Tufts Medical Center
Boston, MA

Tufts Medical Center MOOD DISORDERS RESEARCH

Are you diagnosed with bipolar disorder?
Are you currently depressed?

We are seeking participants for clinical research studies involving Investigational Drugs for bipolar depression.
Many studies may pay you for your time if you qualify and complete the research.

(617) 636-3025
sfuller2@tuftsmedicalcenter.org

DO YOU HAVE TYPE 2 DIABETES?

You may qualify for a 1-year research study if you are:

- Between 25 and 75 years old
- Taking no diabetes medications *other than Metformin*
- Willing to take a daily supplement

Stipend up to $275
if all 6 study visits are completed

Please contact us: **617-636-2834**
DDM2@tuftsmedicalcenter.org
www.vitaminDfordiabetes.org/DDM2

Do you have Arthritis or another rheumatic condition like Lupus or Fibromyalgia?

BOSTON UNIVERSITY

- Are you working…and concerned about your ability to stay employed?
- Are you 23-63 years old and living or working in Massachusetts?

If so, you might be interested in a research study on ways to remain employed.
To find out more about the **"Work It"** study
Call 1-866-269-1027 or email workit@bu.edu

Tai Chi and Physical Therapy Research Study for Knee Osteoarthritis!

- 40 yrs old or older
- Up to 24 Tai Chi & Phys. Therapy sessions at no cost
- Compensation up to $200 if you qualify

Tufts Medical Center

Please Contact: (617) 636-2612
TCPT@tuftsmedicalcenter.org

Get PAID to help find a cure!

ZipTrials.us
Powered by metro

Participate in local clinical trials at
www.ZipTrials.us

DO YOU DRINK SODA, SPORTS DRINKS OR FRUIT PUNCH?

If you:

- Are a healthy 18 to 40 year old
- Drink one or more of these each day
- Want to be part of an important study at Boston Children's Hospital

You would receive:

- 1 year of beverages delivered to your home to no cost.
- American Express gift cards up to $300
- A Body Composition Report with changes in body fat, lean mass, blood pressure and cholesterol levels

Boston Children's Hospital
Until every child is well

Please contact us for more info: Bash@childrens.harvard.edu, 617-355-2500 Option 1, Childrenshospital.org/BASH

metro classifieds

in print & online

TO PLACE AN AD:
855-639-7270
CLASSIFIED.METRO.US
BOSTONCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
6PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Services

Health & Beauty

Wellness Club Women and Men welcome!!

Special:$85 1 hr Body+30 mins reflexology Foot

$70 1 hr Body+ Shower
$40 1hr reflexology foot

Enjoy Professional Brazilian,Asian, ,American Bodywork&massage
TV and Parking available

Ph: 617-481-9727
2nd Floor, 278 Centre st, Quincy, MA 02169

(Currently Hiring)

Miscellaneous

$$CASH PAID$$
Buying diabetic test strips, nicotine patches and gum.
Call for local pickup
617-458-2408

Legal Services

TAX PROBLEMS??!!
617-335-2988
EX IRS Revenue Agent
CPA
www.davidrootcpa.com

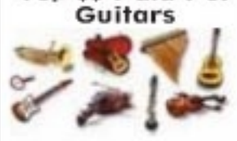
Careers

HIGH SCHOOL DIPLOMA FROM HOME
6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

reserve your space
DEADLINE: two (2) business days prior to publication at noon.
866-900-9473
metro classifieds

For Sale

Musical Instruments

Top $$ Paid For Guitars

We buy ALL Musical Inst.
Guitars, Saxes, etc.
We travel & PU
Cash on the spot!
617-594-3255

Cash for Records

Wanted 33Lps & 45s
George 617-633-2682

metro classifieds
to place an ad call
866-900-9473
or visit us at
www.metro.us

Career Training

Career Training
A New Future Awaits
Everest
INSTITUTE
Brighton • Chelsea
Call Now!
1-888-291-1351
www.SeeEverest.com
Accredited Member, ACCSC

Vehicles

Vehicles Wanted

Get up to $1,000 cash for your Junk car pick up time.
Free towing, same day pick up.
Call today!
508-697-1660

No Title ..No problem

ALL CARS WORTH CASH
$300 TO $5,000
617-678-6833

Top Cash paid
No Key...No Title...
No Problem
Free Towing

Vehicles Wanted

"Cash received at pickup".
781-534-2118

Junk Cars, Trucks and Wrecks
FREE "Towing"
Running or Not Working
Call for an Estimate

Junk or Repairable Cars Wanted
$350 - $5500 & up
781-606-1271

Extra Cash paid for
Hondas, Toyotas, & Nissans
Any Location, Anytime
towingcarsusa@yahoo.com

Legal Notices

Do you have a legal notice that you need to publish?

Metro is a newspaper of record with the Suffolk Probate, Middlesex Probate and Land Court!

Publishing your notices with Metro will satisfy your legal obligation and can save you money in the process!

Do you need to publish a notice for:
- Mortgage Sale of Real Estate
- Public Notice
- COB Liquor License
- Licensing Board
- Notice of Public Hearing
- Divorces
- Care and Protection of Parental Rights
- Notice of Sale of personal Property
- Transportation
- Order of Notice

Contact the Metro today and find out how we can help while saving you money!

Herman Miles: 617-532-0105

Jobs

General Help Wanted

Work for Grassroots Campaigns on behalf of Oxfam America to:
- End poverty and hunger
- Fight injustice
- Save lives

Earn $335-$535/week.
FT/PT/Mgmt avail.
Call Casey Today at 617-338-7882

Jobs
Visit metro classifieds for even more listings.

General Help Wanted

APPLY NOW HIRING

$900 wkly avg

Excellent reward programs
Incentives & advancement Opportunities
NO EXPERIENCE NEEDED
TRAINING PROVIDED
CALL NOW 857-400-2229

SEARCH IT. FIND IT. BUY IT.
metro classifieds

My friend's uncle's second cousin's son has autism.
My ~~friend's~~ uncle's second cousin's son has autism.
My ~~friend's uncle's~~ second cousin's son has autism.
My ~~friend's uncle's second~~ cousin's son has autism.
My ~~friend's uncle's second cousin's~~ son has autism.

Autism is getting closer to home.

Today, 1 in 110 children is diagnosed.
Early diagnosis can make a lifetime of difference.

Ad Council

Learn the signs at **autismspeaks.org**

AUTISM SPEAKS
It's time to listen.

at home with metro

Dream House helps you decorate your own dream house in style

▶ Rosner, left, and Jackson strike a pose.

The line between decoration and art often blurs. And within that margin sits Dream House. This home decor startup which launched this month via an exhibition at Boston University's College of Fine Arts, included Dream House co-founder Molly Rosner's paintings, photographs and small sculptures. Cleverly, the B.U. senior and Dream House partner Julie Jackson turned the senior showcase into Dream House's launch. So in addition to artifacts, the exhibit included inventory.

"We wanted to see if people would be interested," says Jackson. "Rather than do a focus group, we saw what the reaction was at an exhibition. Lots of people put in orders."

Jackson says Rosner's work can cater to both big spenders and students on a budget.

Going beyond social media

"We need to go beyond social media and school to be a real business," says Jackson. "This is what we hope will be an empire."

Check out Dream House on Facebook, Instagram or Twitter.

"Dream House is about making art accessible to people our age with prints of Molly's work," she says. "But we also want to sell the more expensive original art as well. That might appeal to a different demographic outside of college."

Jackson, a business student, says Dream House's prints, photographs and original art will expand into other originally designed household goods and accessories. Their design and business inspiration is mass-produced art master, Andy Warhol.

"It's pop art and vintage glamour. Molly's work is very straightforward. It's meant to put a smile on your face."

The pair got serious about Dream House last October and word soon spread via what was also once just a Massachusetts campus startup, Facebook. This move brought in fellow B.U. students as their first customers. B.U. buzz isn't the extent of their business plan, though, says Jackson.

"It would be great to some day have a physical space, or sell in other stores or show at other galleries," she says.

Linda Laban
linda.laban@metro.us

MOLLY ROSNER

▶ Molly Rosner's "Sail the Sea" was made with acrylic on paper.

RSQ² ROSEMONT SQUARE
NOW OPEN!
LUXURY ONE BEDROOM APARTMENTS
Rents Starting at $1,147*
• Pet Friendly • Smoke Free Community •
• 24-Hour Maint. Service • Stainless Steel Appliances •
• Washer/Dryer in Every Home • Elevators •
• Swimming Pool • Private Balconies/Patios •
• Fitness Center/Community Club Room •
*Income guidelines may apply
CALL TODAY FOR A TOUR!
781.961.7673 TTY: 711
A BEACON rental community
2 Chestnut West • Randolph, MA 02368 • Rosemont@BeaconCommunitiesLLC.com

CONWAY COURT APARTMENTS
Beautiful STUDIOS, 1 & 2 Bedroom Homes
IMMEDIATE AVAILABILITY
• Free Heat & Hot Water • Pet Friendly
• Wall-to-Wall Carpeting • Community Laundry Suites
• Newly Updated Kitchens & Bathrooms
• 24-hr On Call Maintenance • Professional Management
• Walking distance to Public Transportation
• Close to Dining & Shopping
Rents Starting at:*
Studio: $996
1 Bedroom: $1,061
2 Bedroom: $1,268
60% Program Household Size Max Income limits
1: $41,100
2: $46,980
3: $52,860
4: $58,680
80% Program Household Size Max Income limits
1: $47,150
2: $53,900
3: $60,650
4: $67,350
*Rents are estimated and subject to change
Call today! (617) 390-8091 TTY: 711
BEACON communities
One Conway Court • Roslindale, MA 02131 • ConwayCourt@BeaconCommunitiesLLC.com

AFFORDABLE HOME OWNERSHIP OPPORTUNITY
Blandino Farms, Dorchester.
One (1) affordable 3 bedroom unit priced at $281,000.00
615A Adams Street, Dorchester MA
In order to qualify your household income must not exceed:

Household	1 person	2 person	3 person	4 person	5 person	6 person
3bedroom	$75,300	$86,050	$96,800	$107,600	$116,200	$124,800

OPEN HOUSE - SATURDAY FEBRUARY 23RD 3-5PM
OPEN HOUSE - SUNDAY FEBRUARY 24TH 2-4PM
APPLICATIONS AVAILABLE AT THE OPEN HOUSE
OR BY EMAIL: GWLOVELL@RCN.COM
BY CALLING GREG LOVELL 617-272-4017
APPLICATIONS CAN BE REQUESTED BEGINNING:
3PM 02/23/2013
COMPLETED APPLICATIONS WILL BE PROCESSED ON A FIRST COME FIRST SERVE BASIS.
FOR REASONABLE ACCOMMODATIONS,
PLEASE CALL PAT TIERNEY AT 617-361-6400

at home with metro

5 Tips to ensure you get your deposit back

CREATAS

▶ Leave your current lease stress-free.

Renters, don't let your love affair with wallpaper prevent you from getting your hefty security deposit check back at the end of your lease. You have to be smart tenants. Kari Taylor, director of rental insights at Rent.com, gives us the how-to.

Ask before you, paint the walls red

"When renting, it is always best to get written permission from your landlord before doing any renovations, changing paint color, etc."

Read your lease

"This may seem like common sense, but so many renters miss the specific guidelines laid out by their landlord regarding the return of their deposit," she says. "A list should be made and agreed upon regarding the conditions of the apartment in the lease — before you sign it."

Takes pictures of something other than food and sunsets

"Take some photos of the apartment when you first move in," Taylor suggests. "Make sure they are time- and date-stamped! Then repeat the process on move-out day. This way preexisting damage is documented and the blame cannot fall on you."

Tidy up

"While you may think you're as clean as a whistle, your landlord may not agree," she says. "It may be worth hiring a cleaning service upon move-out day just to cover all your bases. The $100 clean-up may save you the aggravation of an argument and security deposit dispute down the line."

Work with your landlord

"There is no guarantee that a landlord will negotiate you breaking your lease, but maybe there is a compromise that can be met. For instance, you could help find a replacement tenant."

The pet amendment

"Landlords will often bend some of their lease rules for a trustworthy tenant or a special circumstance. If you agree upon an amendment to the lease (your miniature pooch can stay on the premises) make sure you both sign it and date it and, if at all possible, get the amendment reworked into the paperwork." METRO

Metro Boston Mortgage Guide

Bankrate.com

Program	Rate	Points	Fees	% Down	APR
East Cambridge Savings Bank				**866-354-ECSB (3272)** http://www.ecsb.com	
30 yr fixed	3.625	0.000	$967	20%	3.673
15 yr fixed	2.875	0.000	$967	20%	2.959
30 yr jumbo	4.375	0.000	$967	20%	4.394
5/1 jumbo ARM	3.125	0.000	$967	20%	2.995

Call ECSB for flexible and customized lending solutions
(D) 292 Cambridge Street, Cambridge, MA 02141 NMLS# 441396

ADVERTISEMENT

WHEN A PHONE CALL IS NOT ENOUGH

By Attorney George Warshaw

Ms. M, a nice young girl, found an affordable South End Condo. It was her first real estate purchase. Mom even liked it.

Her offer was accepted and she paid a $1,000 deposit.

The offer contained the usual mortgage clause. She had to submit a written application for a loan by a certain date. If after making a diligent effort she didn't get a commitment for financing by a later date she could cancel and get her money back.

Ms. M called a mortgage broker who gave her bad news. The condo didn't qualify under Fannie Mae guidelines. A minimum percentage of condos had to sold or under agreement to owner-occupants. Since hers was the very first sale in a new development, the building didn't qualify.

Ms. M asked for her deposit back. The seller refused claiming "a phone call was not enough."

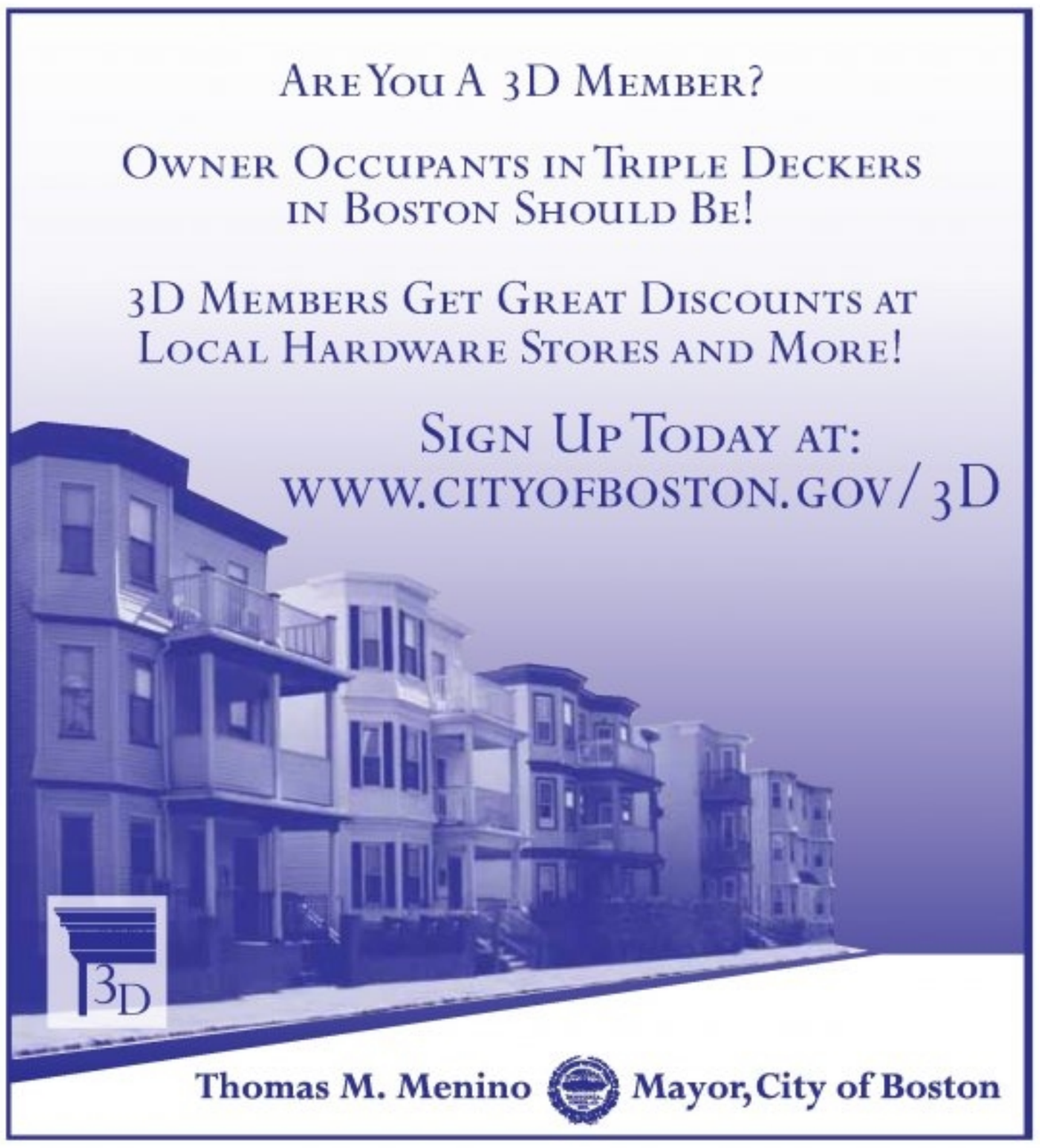
The offer required she submit a written application for a mortgage and make a diligent effort to obtain a loan. She never submitted a written application and never called any banks that might possibly give her a loan.

Is Ms. M entitled to her money back?

No, the court ruled. A phone call is not a written application and a diligent effort requires more than a phone call. © 2013 George Warshaw.

GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com.


Are You A 3D Member?
Owner Occupants in Triple Deckers in Boston Should Be!
3D Members Get Great Discounts at Local Hardware Stores and More!
Sign Up Today at:
www.cityofboston.gov/3D
3D
Thomas M. Menino Mayor, City of Boston

Save $200!!!
on your purchase of $1000 or more
LAFAUCI
TILE & MARBLE
*not to be combined with any other offer
Custom Tile & Marble
Products • Installation
Providing the utmost in quality & Customer Service
Hours Of Operation:
M-F 8am - 5pm | Saturday 9am - 4pm
Evening Hours Available by Appointment:
430-432 Main St Watertown, MA 02472
(617) 924-8453
www.lafaucitileandmarble.com

Laura Linney
Stand Up To Cancer Ambassador
WEAR YOUR BEAUTY
BRILLIANTLY
Love your skin.
Protect it.
Be kind to it.
Save it.
If truth is beauty, then the facts speak for themselves. It takes only 15 minutes for the sun's UV rays to damage your skin. So protect your skin every chance you get. Wear sunscreen whenever you're outdoors, even on cloudy days. Find shade. Wear a hat to protect your face and head. Watch for changes in your skin. Every eight minutes someone is diagnosed with melanoma. Caught early, the five-year survivial rate for melanoma is 92%. Healthy living begins with healthy skin.
Protect the one thing that protects you. And be brilliant.
Melanoma Research Alliance
TO LEARN MORE, VISIT CUREMELANOMA.ORG/PROTECTYOURSKIN
OR STANDUPTOCANCER.ORG/PROTECTYOURSKIN
STAND UP TO CANCER